



4. Erfurter Campuslauf

Erfurt / 16.05.2018

Detailed evaluation

Kämpfer, Martin

Club: Heringssalat

Number: 151

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:23

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 37 (of 72)

Rank in course/Men: 35 (of 51)

Best time in course: 33:48

Rank in category: 7(of 10)

Best time in the category: 36:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:40	4:49	8	7:24	34	7:24	2.00	9:40	4:49	8	7:24	34	7:24
Runde	2.00	9:30	4:45	7	2:08	33	2:41	4.00	19:10	4:47	8	6:48	34	6:48
Runde	2.00	9:21	4:40	7	1:54	32	2:34	6.00	28:31	4:45	8	6:34	34	8:14
Runde	2.00	9:22	4:41	7	1:54	34	2:37	8.00	37:53	4:44	8	8:28	34	10:51
Finish	2.00	9:30	4:45	7	2:10	36	2:44	10.00	47:23	4:44	7	10:32	35	13:35