



4. Erfurter Campuslauf

Erfurt / 16.05.2018

Detailed evaluation

, Ameen

Number: 180

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:46

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 52 (of 72)

Rank in course/Men: 42 (of 51)

Best time in course: 33:48

Rank in category: 9(of 10)

Best time in the category: 36:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	2:16	1:07	1	-	1	-	2.00	2:16	1:07	1	-	1	-
Runde	2.00	10:06	5:02	9	2:44	37	3:17	4.00	12:22	3:05	1	-	1	-
Runde	2.00	10:02	5:00	9	2:35	39	3:15	6.00	22:24	3:43	2	0:27	5	2:07
Runde	2.00	10:10	5:04	9	2:42	41	3:25	8.00	32:34	4:04	5	3:09	14	5:32
Finish	2.00	21:12	10:35	10	13:52	51	14:26	10.00	53:46	5:22	9	16:55	42	19:58