



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Werner, Frank

Club: Erfurt
Number: 184

Course: 10.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:03:40

Speed: 9.42 km/h
Running performance: 6:22 min/km

Rank in course/Total: 76 (of 82)

Rank in course/Men: 60 (of 61)

Best time in course: 36:25

Rank in category: 4(of 5)

Best time in the category: 52:50

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:41	5:50	3	1:38	58	4:33	2.00	11:41	5:50	3	1:38	58	4:33
Runde	2.00	11:21	5:40	2	0:59	44	4:06	4.00	23:02	5:45	2	2:37	51	8:39
Runde	2.00	11:05	5:32	2	0:18	40	3:47	6.00	34:07	5:41	2	2:55	50	12:26
Runde	2.00	10:45	5:22	1	-	37	3:21	8.00	44:52	5:36	2	2:47	42	15:47
Finish	2.00	18:48	9:24	5	8:08	61	11:28	10.00	1:03:40	6:21	5	42:08	61	42:08