



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 |