



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Kosterlitzky, Nick

Club: SV Rotation Weißenborn
Number: 163

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 40:56

Speed: 14.66 km/h
Running performance: 4:05 min/km

Rank in course/Total: 5 (of 82)

Rank in course/Men: 5 (of 61)

Best time in course: 36:25

Rank in category: 5(of 38)

Best time in the category: 36:25

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	7:48	3:53	5	0:40	5	0:40	2.00	7:48	3:53	5	0:40	5	0:40
Runde	2.00	8:00	4:00	3	0:45	3	0:45	4.00	15:48	3:57	4	1:25	4	1:25
Runde	2.00	8:16	4:08	4	0:58	4	0:58	6.00	24:04	4:00	4	2:23	4	2:23
Runde	2.00	8:23	4:11	5	0:59	5	0:59	8.00	32:27	4:03	5	3:22	5	3:22
Finish	2.00	8:29	4:14	8	1:09	8	1:09	10.00	40:56	4:05	5	4:31	6	19:24