



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Rupprecht, Dirk

Club: LTV Erfurt
Number: 183

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:53

Speed: 14.33 km/h
Running performance: 4:11 min/km

Rank in course/Total: 6 (of 82)

Rank in course/Men: 6 (of 61)

Best time in course: 36:25

Rank in category: 1(of 5)

Best time in the category: 41:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	7:56	3:58	1	-	6	0:48	2.00	7:56	3:58	1	-	6	0:48
Runde	2.00	8:22	4:11	1	-	6	1:07	4.00	16:18	4:04	1	-	6	1:55
Runde	2.00	8:27	4:13	1	-	6	1:09	6.00	24:45	4:07	1	-	6	3:04
Runde	2.00	8:33	4:16	1	-	6	1:09	8.00	33:18	4:09	1	-	6	4:13
Finish	2.00	8:35	4:17	1	-	10	1:15	10.00	41:53	4:11	1	-	7	20:21