



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Kanngießer, Simon

Club: Universität Erfurt
Number: 150

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 42:06

Speed: 14.25 km/h
Running performance: 4:13 min/km

Rank in course/Total: 7 (of 82)

Rank in course/Men: 7 (of 61)

Best time in course: 36:25

Rank in category: 6(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	8:03	4:01	6	0:55	9	0:55	2.00	8:03	4:01	6	0:55	9	0:55
Runde	2.00	8:31	4:15	7	1:16	9	1:16	4.00	16:34	4:08	6	2:11	9	2:11
Runde	2.00	8:33	4:16	6	1:15	7	1:15	6.00	25:07	4:11	6	3:26	7	3:26
Runde	2.00	8:38	4:18	7	1:14	8	1:14	8.00	33:45	4:13	6	4:40	7	4:40
Finish	2.00	8:21	4:10	6	1:01	6	1:01	10.00	42:06	4:12	6	5:41	8	20:34