



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Demmeler, Jonathan

Club: FSU Jena
Number: 181

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 42:42

Speed: 14.05 km/h
Running performance: 4:16 min/km

Rank in course/Total: 10 (of 82)

Rank in course/Men: 9 (of 61)

Best time in course: 36:25

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:29	4:14	7	1:21	10	1:21	2.00	8:29	4:14	7	1:21	10	1:21
Runde	2.00	8:22	4:11	6	1:07	6	1:07	4.00	16:51	4:12	7	2:28	10	2:28
Runde	2.00	8:41	4:20	7	1:23	9	1:23	6.00	25:32	4:15	7	3:51	10	3:51
Runde	2.00	8:47	4:23	8	1:23	10	1:23	8.00	34:19	4:17	7	5:14	10	5:14
Finish	2.00	8:23	4:11	7	1:03	7	1:03	10.00	42:42	4:16	7	6:17	10	21:10