



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Halbsgut, Nils

Club: Göttingen
Number: 110

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 42:49

Speed: 14.01 km/h
Running performance: 4:17 min/km

Rank in course/Total: 11 (of 82)

Rank in course/Men: 10 (of 61)

Best time in course: 36:25

Rank in category: 2(of 5)

Best time in the category: 41:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	7:57	3:58	2	0:01	7	0:49	2.00	7:57	3:58	2	0:01	7	0:49
Runde	2.00	8:30	4:15	2	0:08	8	1:15	4.00	16:27	4:06	2	0:09	7	2:04
Runde	2.00	8:50	4:25	2	0:23	11	1:32	6.00	25:17	4:12	2	0:32	9	3:36
Runde	2.00	8:53	4:26	2	0:20	12	1:29	8.00	34:10	4:16	2	0:52	9	5:05
Finish	2.00	8:39	4:19	2	0:04	11	1:19	10.00	42:49	4:16	2	0:56	11	21:17