



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Spohner, Lennard

Club: FH Erfurt
Number: 155

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 46:56

Speed: 12.78 km/h
Running performance: 4:41 min/km

Rank in course/Total: 18 (of 82)

Rank in course/Men: 17 (of 61)

Best time in course: 36:25

Rank in category: 11(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	9:23	4:41	13	2:15	21	2:15	2.00	9:23	4:41	13	2:15	21	2:15
Runde	2.00	9:26	4:43	11	2:11	16	2:11	4.00	18:49	4:42	13	4:26	19	4:26
Runde	2.00	9:21	4:40	10	2:03	14	2:03	6.00	28:10	4:41	11	6:29	16	6:29
Runde	2.00	9:30	4:45	12	2:06	20	2:06	8.00	37:40	4:42	11	8:35	17	8:35
Finish	2.00	9:16	4:38	12	1:56	18	1:56	10.00	46:56	4:41	11	10:31	18	25:24