



# 5. Erfurter Campuslauf

Erfurt / 22.05.2019

## Detailed evaluation

**Belai, Abraham**

Club: Erfurt  
Number: 158

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:07

Speed: 12.73 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 19 (of 82)

Rank in course/Men: 18 (of 61)

Best time in course: 36:25

Rank in category: 1(of 4)

Best time in the category: 47:07

### 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     | 9:19       | 4:39         | 1        | -           | 17          | 2:11       | 2.00          | 9:19       | 4:39         | 1        | -           | 17      | 2:11       |
| Runde   | 2.00     | 9:08       | 4:33         | 1        | -           | 14          | 1:53       | 4.00          | 18:27      | 4:36         | 1        | -           | 15      | 4:04       |
| Runde   | 2.00     | 9:34       | 4:46         | 1        | -           | 20          | 2:16       | 6.00          | 28:01      | 4:40         | 1        | -           | 15      | 6:20       |
| Runde   | 2.00     | 9:27       | 4:43         | 2        | 0:17        | 17          | 2:03       | 8.00          | 37:28      | 4:41         | 1        | -           | 16      | 8:23       |
| Finish  | 2.00     | 9:39       | 4:49         | 3        | 0:43        | 25          | 2:19       | 10.00         | 47:07      | 4:42         | 1        | -           | 19      | 25:35      |