



## 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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