



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Stephan, Kay

Club: Wasserwacht Erfurt
Number: 156

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:24

Speed: 12.15 km/h
Running performance: 4:56 min/km

Rank in course/Total: 29 (of 82)

Rank in course/Men: 26 (of 61)

Best time in course: 36:25

Rank in category: 1(of 3)

Best time in the category: 49:24

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	9:28	4:44	1	-	24	2:20	2.00	9:28	4:44	1	-	24	2:20
Runde	2.00	9:38	4:48	1	-	24	2:23	4.00	19:06	4:46	1	-	24	4:43
Runde	2.00	9:58	4:59	1	-	25	2:40	6.00	29:04	4:50	1	-	24	7:23
Runde	2.00	10:16	5:08	1	-	29	2:52	8.00	39:20	4:55	1	-	25	10:15
Finish	2.00	10:04	5:01	1	-	35	2:44	10.00	49:24	4:56	1	-	27	27:52