



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Kämpfer, Martin

Club: SV Heringssalat
Number: 160

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:58

Speed: 12.01 km/h
Running performance: 5:00 min/km

Rank in course/Total: 31 (of 82)

Rank in course/Men: 28 (of 61)

Best time in course: 36:25

Rank in category: 3(of 4)

Best time in the category: 47:07

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	10:24	5:12	3	1:05	33	3:16	2.00	10:24	5:12	3	1:05	33	3:16
Runde	2.00	10:21	5:10	3	1:13	33	3:06	4.00	20:45	5:11	3	2:18	35	6:22
Runde	2.00	11:07	5:33	3	1:33	46	3:49	6.00	31:52	5:18	3	3:51	35	10:11
Runde	2.00	9:10	4:34	1	-	13	1:46	8.00	41:02	5:07	3	3:34	30	11:57
Finish	2.00	8:56	4:28	1	-	14	1:36	10.00	49:58	4:59	3	2:51	29	28:26