



5. Erfurter Campuslauf

Erfurt / 22.05.2019

Detailed evaluation

Landwehr, Stefan

Club: Erfurt
Number: 182

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:05

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 45 (of 82)

Rank in course/Men: 39 (of 61)

Best time in course: 36:25

Rank in category: 3(of 3)

Best time in the category: 49:24

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	10:42	5:20	3	1:14	37	3:34	2.00	10:42	5:20	3	1:14	37	3:34
Runde	2.00	10:41	5:20	3	1:03	36	3:26	4.00	21:23	5:20	3	2:17	36	7:00
Runde	2.00	10:52	5:26	3	0:54	37	3:34	6.00	32:15	5:22	3	3:11	36	10:34
Runde	2.00	10:56	5:28	3	0:40	44	3:32	8.00	43:11	5:23	3	3:51	37	14:06
Finish	2.00	10:54	5:27	3	0:50	46	3:34	10.00	54:05	5:24	3	4:41	40	32:33