



5. Erfurter Campuslauf

Erfurt / 22.05.2019

Detailed evaluation

Becker, Christoph

Club: Reisegruppe Sonnenschein
Number: 146

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 55:15

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 50 (of 82)

Rank in course/Men: 44 (of 61)

Best time in course: 36:25

Rank in category: 4(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	11:15	5:37	4	1:56	39	4:07	2.00	11:15	5:37	4	1:56	39	4:07
Runde	2.00	11:01	5:30	4	1:53	39	3:46	4.00	22:16	5:33	4	3:49	39	7:53
Runde	2.00	11:24	5:42	4	1:50	51	4:06	6.00	33:40	5:36	4	5:39	40	11:59
Runde	2.00	11:51	5:55	4	2:41	55	4:27	8.00	45:31	5:41	4	8:03	52	16:26
Finish	2.00	9:44	4:51	4	0:48	27	2:24	10.00	55:15	5:31	4	8:08	45	33:43