



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Brauns, Jörg

Club: Weimar
Number: 103

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 56:24

Speed: 10.64 km/h
Running performance: 5:38 min/km

Rank in course/Total: 54 (of 82)

Rank in course/Men: 48 (of 61)

Best time in course: 36:25

Rank in category: 4(of 4)

Best time in the category: 45:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Runde	2.00	11:08	5:33	4	2:25	38	4:00	2.00	11:08	5:33	4	2:25	38	4:00
Runde	2.00	11:07	5:33	4	2:13	40	3:52	4.00	22:15	5:33	4	4:38	38	7:52
Runde	2.00	11:20	5:40	4	2:11	50	4:02	6.00	33:35	5:35	4	6:49	39	11:54
Runde	2.00	11:33	5:46	4	2:07	52	4:09	8.00	45:08	5:38	4	8:53	44	16:03
Finish	2.00	11:16	5:38	4	2:19	49	3:56	10.00	56:24	5:38	4	10:43	49	34:52