



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Reißig, Holger

Club: Erfurt
Number: 176

Course: 10.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 59:51

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 69 (of 82)

Rank in course/Men: 58 (of 61)

Best time in course: 36:25

Rank in category: 3(of 5)

Best time in the category: 52:50

Intermediate times

Stage score

Total ranking

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	12:06	6:02	5	2:03	61	4:58	2.00	12:06	6:02	5	2:03	61	4:58
Runde	2.00	11:55	5:57	4	1:33	59	4:40	4.00	24:01	6:00	4	3:36	60	9:38
Runde	2.00	11:55	5:57	4	1:08	58	4:37	6.00	35:56	5:59	4	4:44	60	14:15
Runde	2.00	11:57	5:58	4	1:12	57	4:33	8.00	47:53	5:59	4	5:48	59	18:48
Finish	2.00	11:58	5:59	4	1:18	58	4:38	10.00	59:51	5:59	4	38:19	59	38:19