



6. Erfurter Campuslauf
Erfurt / 29.06.2022

Detailed evaluation

Grundmann, Jan Frederik

Club: Erfurt
Number: 105

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 42:58

Speed: 13.96 km/h
Running performance: 4:18 min/km

Rank in course/Total: 12 (of 47)

Rank in course/Men: 11 (of 36)

Best time in course: 33:07

Rank in category: 3(of 5)

Best time in the category: 33:07

Intermediate times					Stage score				Total ranking					
Control	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	7:53	3:56	4	1:29	9	1:29	2.00	7:53	3:56	4	1:29	9	1:29
Runde	2.00	8:37	4:18	3	1:55	11	1:55	4.00	16:30	4:07	3	3:24	10	3:24
Runde	2.00	8:46	4:23	3	2:02	11	2:02	6.00	25:16	4:12	3	5:26	11	5:26
Runde	2.00	8:55	4:27	3	2:13	11	2:13	8.00	34:11	4:16	3	7:39	11	7:39
Finish	2.00	8:47	4:23	3	2:12	10	2:12	10.00	42:58	4:17	3	9:51	11	9:51