



# 6. Erfurter Campuslauf

Erfurt / 29.06.2022

## Detailed evaluation

**Föt, Sören**

Club: Arnstadt  
Number: 127

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 45:44

Speed: 13.12 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 18 (of 47)

Rank in course/Men: 15 (of 36)

Best time in course: 33:07

Rank in category: 4(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     | 7:35       | 3:47         | 3        | 1:11        | 8       | 1:11       | 2.00     | 7:35          | 3:47         | 3        | 1:11        | 8       | 1:11       |
| Runde              | 2.00     | 9:46       | 4:53         | 5        | 3:04        | 23      | 3:04       | 4.00     | 17:21         | 4:20         | 4        | 4:15        | 13      | 4:15       |
| Runde              | 2.00     | 9:18       | 4:39         | 4        | 2:34        | 16      | 2:34       | 6.00     | 26:39         | 4:26         | 4        | 6:49        | 13      | 6:49       |
| Runde              | 2.00     | 9:33       | 4:46         | 4        | 2:51        | 16      | 2:51       | 8.00     | 36:12         | 4:31         | 4        | 9:40        | 14      | 9:40       |
| Finish             | 2.00     | 9:32       | 4:46         | 5        | 2:57        | 19      | 2:57       | 10.00    | 45:44         | 4:34         | 4        | 12:37       | 15      | 12:37      |