



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	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	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	