



6. Erfurter Campuslauf  
Erfurt / 29.06.2022

Detailed evaluation

Poppe, Sascha

Club: BSC Erfurt Angels e.V.  
Number: 116

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: 19 (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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:17	4:08	5	1:53	13	1:53	2.00	8:17	4:08	5	1:53	13	1:53
Runde	2.00	9:04	4:31	4	2:22	15	2:22	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	9:34	4:46	5	2:52	17	2:52	8.00	36:13	4:31	5	9:41	15	9:41
Finish	2.00	9:31	4:45	4	2:56	18	2:56	10.00	45:44	4:34	4	12:37	15	12:37