



6. Erfurter Campuslauf

Erfurt / 29.06.2022

Detailed evaluation

Heym, Andreas

Club: EDEKA-Team ERFURT

Number: 106

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:40

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 32 (of 47)

Rank in course/Men: 25 (of 36)

Best time in course: 33:07

Rank in category: 3(of 6)

Best time in the category: 46:12

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	8:57	4:28	1	-	17	2:33	2.00	8:57	4:28	1	-	17	2:33
Runde	2.00	9:18	4:39	2	0:03	18	2:36	4.00	18:15	4:33	1	-	18	5:09
Runde	2.00	10:13	5:06	3	0:57	25	3:29	6.00	28:28	4:44	2	0:35	21	8:38
Runde	2.00	10:37	5:18	3	1:22	25	3:55	8.00	39:05	4:53	2	1:57	23	12:33
Finish	2.00	10:35	5:17	3	1:31	26	4:00	10.00	49:40	4:58	3	3:28	25	16:33