



## 6. Erfurter Campuslauf

Erfurt / 29.06.2022

### Detailed evaluation

Landwehr, Stefan

Club: FHE

Number: 110

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:25

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 40 (of 47)

Rank in course/Men: 32 (of 36)

Best time in course: 33:07

Rank in category: 5(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	10:42	5:20	5	1:45	33	4:18	2.00	10:42	5:20	5	1:45	33	4:18
Runde	2.00	10:48	5:24	5	1:33	33	4:06	4.00	21:30	5:22	5	3:15	33	8:24
Runde	2.00	11:05	5:32	5	1:49	32	4:21	6.00	32:35	5:25	5	4:42	33	12:45
Runde	2.00	11:21	5:40	4	2:06	29	4:39	8.00	43:56	5:29	5	6:48	32	17:24
Finish	2.00	11:29	5:44	5	2:25	31	4:54	10.00	55:25	5:32	5	9:13	32	22:18