



6. Erfurter Campuslauf

Erfurt / 29.06.2022

Detailed evaluation

Schoddel, Steffen

Club: Sömmerda

Number: 145

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:59

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 42 (of 47)

Rank in course/Men: 34 (of 36)

Best time in course: 33:07

Rank in category: 6(of 6)

Best time in the category: 46:12

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:56	5:28	6	1:59	34	4:32	2.00	10:56	5:28	6	1:59	34	4:32
Runde	2.00	11:33	5:46	6	2:18	34	4:51	4.00	22:29	5:37	6	4:14	34	9:23
Runde	2.00	11:56	5:58	6	2:40	34	5:12	6.00	34:25	5:44	6	6:32	34	14:35
Runde	2.00	12:13	6:06	6	2:58	33	5:31	8.00	46:38	5:49	6	9:30	34	20:06
Finish	2.00	12:21	6:10	6	3:17	33	5:46	10.00	58:59	5:53	6	12:47	34	25:52