



# 7. Erfurter Campuslauf

Erfurt / 28.06.2023

## Detailed evaluation

**Panse, Adrian**

Club: USV Erfurt  
Number: 101

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 33:36

Speed: 17.86 km/h  
Running performance: 3:22 min/km

Rank in course/Total: 1 (of 61)

Rank in course/Men: 1 (of 50)

Best time in course: 33:36

Rank in category: 1(of 5)

Best time in the category: 33:36

### 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	6:36	3:17	1	-	1	-	2.00	6:36	3:17	1	-	1	-
Runde	2.00	6:40	3:20	1	-	1	-	4.00	13:16	3:19	1	-	1	-
Runde	2.00	6:47	3:23	1	-	1	-	6.00	20:03	3:20	1	-	1	-
Runde	2.00	6:49	3:24	1	-	1	-	8.00	26:52	3:21	1	-	1	-
Finish	2.00	6:44	3:22	1	-	1	-	10.00	33:36	3:21	1	-	1	-