



# 7. Erfurter Campuslauf

Erfurt / 28.06.2023

## Detailed evaluation

**Pölzing, Björn**

Club: Erfurt  
Number: 170

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 38:26

Speed: 15.61 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 6 (of 61)

Rank in course/Men: 6 (of 50)

Best time in course: 33:36

Rank in category: 5(of 24)

Best time in the category: 34:21

### Intermediate times

### Stage score

### Total ranking

| Control | Intermediate times |            |              |          |             | Stage score |            |          | Total ranking |              |          |             |         |            |
|---------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|         | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men     | Behind Men | Total km | Total Time    | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde   | 2.00               | 7:16       | 3:38         | 5        | 0:40        | 6           | 0:40       | 2.00     | 7:16          | 3:38         | 5        | 0:40        | 6       | 0:40       |
| Runde   | 2.00               | 7:41       | 3:50         | 5        | 0:59        | 7           | 1:01       | 4.00     | 14:57         | 3:44         | 5        | 1:39        | 6       | 1:41       |
| Runde   | 2.00               | 7:49       | 3:54         | 5        | 0:52        | 6           | 1:02       | 6.00     | 22:46         | 3:47         | 5        | 2:31        | 6       | 2:43       |
| Runde   | 2.00               | 7:51       | 3:55         | 5        | 0:50        | 6           | 1:02       | 8.00     | 30:37         | 3:49         | 5        | 3:18        | 6       | 3:45       |
| Finish  | 2.00               | 7:49       | 3:54         | 5        | 0:51        | 6           | 1:05       | 10.00    | 38:26         | 3:50         | 5        | 4:05        | 6       | 4:50       |