



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