



7. Erfurter Campuslauf
Erfurt / 28.06.2023

Detailed evaluation

Wache, Friedrich

Club: SSV Erfurt 02
Number: 145

Course: 10.00 km
Hauptlauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 45:02

Speed: 13.32 km/h
Running performance: 4:30 min/km

Rank in course/Total: 14 (of 61)

Rank in course/Men: 13 (of 50)

Best time in course: 33:36

Rank in category: 1(of 1)

Best time in the category: 45:02

Intermediate times					Stage score				Total ranking					
Control	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	8:10	4:04	1	-	10	1:34	2.00	8:10	4:04	1	-	10	1:34
Runde	2.00	8:45	4:22	1	-	12	2:05	4.00	16:55	4:13	1	-	11	3:39
Runde	2.00	9:16	4:38	1	-	15	2:29	6.00	26:11	4:21	1	-	12	6:08
Runde	2.00	9:35	4:47	1	-	15	2:46	8.00	35:46	4:28	1	-	12	8:54
Finish	2.00	9:16	4:38	1	-	15	2:32	10.00	45:02	4:30	1	-	13	11:26