



7. Erfurter Campuslauf
Erfurt / 28.06.2023

Detailed evaluation

Pawlik, Mario

Club: Pawliks Lauffamily
Number: 134

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:44

Speed: 12.84 km/h
Running performance: 4:40 min/km

Rank in course/Total: 18 (of 61)

Rank in course/Men: 16 (of 50)

Best time in course: 33:36

Rank in category: 1(of 1)

Best time in the category: 46:44

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	8:24	4:12	1	-	12	1:48	2.00	8:24	4:12	1	-	12	1:48
Runde	2.00	8:51	4:25	1	-	13	2:11	4.00	17:15	4:18	1	-	13	3:59
Runde	2.00	9:26	4:43	1	-	16	2:39	6.00	26:41	4:26	1	-	13	6:38
Runde	2.00	9:54	4:57	1	-	19	3:05	8.00	36:35	4:34	1	-	14	9:43
Finish	2.00	10:09	5:04	1	-	26	3:25	10.00	46:44	4:40	1	-	16	13:08