



7. Erfurter Campuslauf

Erfurt / 28.06.2023

Detailed evaluation

Ciesla, Christoph

Total time: 48:39

Club: Studierendenwerk Thüringen Abteilung Wohnheim
Number: 109

Speed: 12.33 km/h

Running performance: 4:52 min/km

Course: 10.00 km

Rank in course/Total: 24 (of 61)

Hauptlauf

Rank in course/Men: 22 (of 50)

Best time in course: 33:36

Category:

Rank in category: 3(of 5)

Senioren M30 (30-34 Jahre)

Best time in the category: 33:36

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|---------|-------|-------|------|--------|--------|------|-------|-------|-------|------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Runde | 2.00 | 9:21 | 4:40 | 4 | 2:45 | 28 | 2:45 | 2.00 | 9:21 | 4:40 | 4 | 2:45 | 28 | 2:45 |
| Runde | 2.00 | 9:46 | 4:53 | 4 | 3:06 | 26 | 3:06 | 4.00 | 19:07 | 4:46 | 4 | 5:51 | 27 | 5:51 |
| Runde | 2.00 | 9:55 | 4:57 | 4 | 3:08 | 25 | 3:08 | 6.00 | 29:02 | 4:50 | 4 | 8:59 | 26 | 8:59 |
| Runde | 2.00 | 10:07 | 5:03 | 2 | 3:18 | 23 | 3:18 | 8.00 | 39:09 | 4:53 | 4 | 12:17 | 26 | 12:17 |
| Finish | 2.00 | 9:30 | 4:45 | 2 | 2:46 | 18 | 2:46 | 10.00 | 48:39 | 4:51 | 3 | 15:03 | 22 | 15:03 |