



# 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