



# 7. Erfurter Campuslauf

Erfurt / 28.06.2023

## Detailed evaluation

**Pawlik, Heiko**

Club: Pawliks Lauffamily

Number: 162

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 49:08

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 28 (of 61)

Rank in course/Men: 25 (of 50)

Best time in course: 33:36

Rank in category: 3(of 5)

Best time in the category: 39:09

### 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	9:13	4:36	2	1:48	23	2:37	2.00	9:13	4:36	2	1:48	23	2:37	
Runde	2.00	9:40	4:49	3	2:00	24	3:00	4.00	18:53	4:43	2	3:48	24	5:37	
Runde	2.00	10:01	5:00	3	2:10	26	3:14	6.00	28:54	4:48	3	5:58	25	8:51	
Runde	2.00	10:08	5:03	3	2:07	24	3:19	8.00	39:02	4:52	3	8:05	25	12:10	
Finish	2.00	10:06	5:02	3	1:54	25	3:22	10.00	49:08	4:54	3	9:59	25	15:32	