



7. Erfurter Campuslauf

Erfurt / 28.06.2023

Detailed evaluation

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Club: TTC Südost Erfurt
Number: 149

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 51:54

Speed: 11.56 km/h
Running performance: 5:11 min/km

Rank in course/Total: 34 (of 61)

Rank in course/Men: 30 (of 50)

Best time in course: 33:36

Rank in category: 4(of 6)

Best time in the category: 46:18

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	9:56	4:58	5	0:41	37	3:20	2.00	9:56	4:58	5	0:41	37	3:20
Runde	2.00	10:17	5:08	4	1:09	33	3:37	4.00	20:13	5:03	5	1:50	35	6:57
Runde	2.00	10:29	5:14	4	1:14	31	3:42	6.00	30:42	5:06	4	3:04	34	10:39
Runde	2.00	10:39	5:19	4	1:17	32	3:50	8.00	41:21	5:10	4	4:21	32	14:29
Finish	2.00	10:33	5:16	4	1:15	32	3:49	10.00	51:54	5:11	4	5:36	30	18:18