



7. Erfurter Campuslauf

Erfurt / 28.06.2023

Detailed evaluation

Schwenk, Simon

Club: Erfurt
Number: 143

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 53:18

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 38 (of 61)

Rank in course/Men: 34 (of 50)

Best time in course: 33:36

Rank in category: 17(of 24)

Best time in the category: 34:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	10:30	5:15	22	3:54	40	3:54	2.00	10:30	5:15	22	3:54	40	3:54
Runde	2.00	10:43	5:21	20	4:01	38	4:03	4.00	21:13	5:18	20	7:55	38	7:57
Runde	2.00	10:34	5:16	17	3:37	34	3:47	6.00	31:47	5:17	19	11:32	37	11:44
Runde	2.00	10:59	5:29	16	3:58	34	4:10	8.00	42:46	5:20	19	15:27	36	15:54
Finish	2.00	10:32	5:15	15	3:34	31	3:48	10.00	53:18	5:19	17	18:57	34	19:42