



7. Erfurter Campuslauf

Erfurt / 28.06.2023

Detailed evaluation

Braunholz, Ralph

Club: Weimar

Number: 106

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 54:06

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 39 (of 61)

Rank in course/Men: 35 (of 50)

Best time in course: 33:36

Rank in category: 1(of 2)

Best time in the category: 54:06

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:31	5:45	1	-	45	4:55	2.00	11:31	5:45	1	-	45	4:55
Runde	2.00	11:23	5:41	1	-	41	4:43	4.00	22:54	5:43	1	-	42	9:38
Runde	2.00	11:30	5:45	2	0:01	40	4:43	6.00	34:24	5:44	1	-	42	14:21
Runde	2.00	10:29	5:14	1	-	31	3:40	8.00	44:53	5:36	1	-	39	18:01
Finish	2.00	9:13	4:36	1	-	14	2:29	10.00	54:06	5:24	1	-	35	20:30