



2. Erfurter Campuslauf

Erfurt / 23.06.2016

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Finger, Jens

□□: EVB Erfurt

□□: 148

□□: 10.00 km

Hauptlauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 50:16

□□: 11.94 km/h

□□□□: 5:02 min/km

□□□□□/□□□□: 19 (of 47)

□□□□□/□: 17 (of 35)

□□□□□□: 33:41

□□□□□: 1(of 2)

□□□□□□□: 50:16

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Halbe Runde | 1.00 | 4:42 | 4:42 | 1 | - | 21 | 1:41 | 1.00 | 4:42 | 4:42 | 1 | - | 21 | 1:41 | |
| Runde | 1.00 | 4:58 | 4:58 | 1 | - | 18 | 1:38 | 2.00 | 9:40 | 4:49 | 1 | - | 20 | 3:18 | |
| Halbe Runde | 1.00 | 4:46 | 4:46 | 1 | - | 17 | 1:33 | 3.00 | 14:26 | 4:48 | 1 | - | 18 | 4:51 | |
| Runde | 1.00 | 5:05 | 5:04 | 1 | - | 13 | 1:38 | 4.00 | 19:31 | 4:52 | 1 | - | 16 | 6:29 | |
| Halbe Runde | 1.00 | 4:55 | 4:55 | 1 | - | 15 | 1:37 | 5.00 | 24:26 | 4:53 | 1 | - | 16 | 8:06 | |
| Runde | 1.00 | 5:12 | 5:12 | 1 | - | 16 | 1:43 | 6.00 | 29:38 | 4:56 | 1 | - | 14 | 9:49 | |
| Halbe Runde | 1.00 | 5:01 | 5:00 | 1 | - | 16 | 1:37 | 7.00 | 34:39 | 4:57 | 1 | - | 14 | 11:26 | |
| Runde | 1.00 | 5:23 | 5:23 | 1 | - | 18 | 1:50 | 8.00 | 40:02 | 5:00 | 1 | - | 15 | 13:16 | |
| Halbe Runde | 1.00 | 5:00 | 5:00 | 1 | - | 16 | 1:37 | 9.00 | 45:02 | 5:00 | 1 | - | 17 | 14:52 | |
| Ziel | 1.00 | 5:14 | 5:14 | 1 | - | 20 | 1:47 | 10.00 | 50:16 | 5:01 | 1 | - | 17 | 16:35 | |