



### 3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

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Kirsch, Andreas

□□: Erfurt

□□: 171

□□: 10.00 km

Hauptlauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 49:41

□□: 12.08 km/h

□□□□: 4:58 min/km

□□□□□/□□□: 48 (of 77)

□□□□□/□: 39 (of 49)

□□□□□□: 33:11

□□□□□: 3(of 3)

□□□□□□□: 36:13

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 2.00     | 10:04    | 5:01         | 3       | 2:49    | 47      | 9:13    | 2.00  | 10:04     | 5:01      | 3             | 2:49    | 47      | 9:13    |         |
| Runde | 2.00     | 10:08    | 5:03         | 3       | 2:51    | 41      | 3:23    | 4.00  | 20:12     | 5:02      | 3             | 5:40    | 46      | 9:19    |         |
| Runde | 2.00     | 9:56     | 4:58         | 3       | 2:42    | 36      | 3:16    | 6.00  | 30:08     | 5:01      | 3             | 8:22    | 45      | 10:14   |         |
| Runde | 2.00     | 9:57     | 4:58         | 3       | 2:40    | 32      | 3:16    | 8.00  | 40:05     | 5:00      | 3             | 11:02   | 42      | 13:30   |         |
| Ziel  | 2.00     | 9:36     | 4:47         | 3       | 2:26    | 35      | 3:00    | 10.00 | 49:41     | 4:58      | 3             | 13:28   | 39      | 16:30   |         |