



# 5. Erfurter Campuslauf

Erfurt / 22.05.2019

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## Team Wadenkrampf

□□: Team Wadenkrampf  
 □□: 4

□□: 10.00 km  
 Teamlauf

□□□□:  
 Team Männer/Mix

□□□: 38:06

□□: 15.75 km/h  
 □□□□: 3:49 min/km

□□□□□/□□□□: 11 (of 28)

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□□□□□□: 29:55

□□□□□: 9(of 23)

□□□□□□□: 29:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Runde	0.40	1:31	3:47	20	0:27	25	0:27	0.40	1:31	3:47	20	0:27	25	0:27	
Runde	0.40	1:41	4:12	21	0:33	25	0:33	0.80	3:12	4:00	21	0:58	26	0:58	
Runde	0.40	1:28	3:39	10	0:20	11	0:20	1.20	4:40	3:53	19	1:15	21	1:15	
Runde	0.40	1:33	3:52	12	0:24	15	0:24	1.60	6:13	3:53	16	1:38	19	1:38	
Runde	0.40	1:33	3:52	16	0:27	19	0:27	2.00	7:46	3:53	17	2:05	21	2:05	
Runde	0.40	1:43	4:17	19	0:30	23	0:30	2.40	9:29	3:57	18	2:32	22	2:32	
Runde	0.40	1:31	3:47	13	0:24	14	0:24	2.80	11:00	3:55	17	2:55	20	2:55	
Runde	0.40	1:45	4:22	19	0:33	24	0:33	3.20	12:45	3:59	17	3:27	20	3:27	
Runde	0.40	1:24	3:29	8	0:15	9	0:15	3.60	14:09	3:55	14	3:42	16	3:42	
Runde	0.40	1:25	3:32	7	0:16	8	0:16	4.00	15:34	3:53	14	3:51	16	3:51	
Runde	0.40	1:26	3:34	7	0:15	8	0:15	4.40	17:00	3:51	12	4:06	14	4:06	
Runde	0.40	1:33	3:52	9	0:17	11	0:17	4.80	18:33	3:51	11	4:23	13	4:23	
Runde	0.40	1:42	4:15	17	0:32	20	0:32	5.20	20:15	3:53	12	4:55	14	4:55	
Runde	0.40	1:35	3:57	10	0:20	12	0:20	5.60	21:50	3:53	13	5:15	15	5:15	
Runde	0.40	1:16	3:09	4	0:06	4	0:06	6.00	23:06	3:50	10	5:21	12	5:21	
Runde	0.40	1:31	3:47	10	0:15	10	0:15	6.40	24:37	3:50	10	5:35	12	5:35	
Runde	0.40	1:28	3:39	8	0:19	10	0:19	6.80	26:05	3:50	9	5:54	11	5:54	
Runde	0.40	1:40	4:10	15	0:27	17	0:27	7.20	27:45	3:51	9	6:17	11	6:17	
Runde	0.40	1:40	4:10	13	0:30	15	0:30	7.60	29:25	3:52	9	6:47	11	6:47	
Runde	0.40	1:21	3:22	5	0:11	5	0:11	8.00	30:46	3:50	9	6:51	11	6:51	
Runde	0.40	1:30	3:45	9	0:19	10	0:19	8.40	32:16	3:50	9	7:10	11	7:10	
Runde	0.40	1:21	3:22	4	0:05	4	0:05	8.80	33:37	3:49	9	7:15	11	7:15	
Runde	0.40	1:38	4:04	12	0:28	14	0:28	9.20	35:15	3:49	9	7:42	11	7:42	
Runde	0.40	1:34	3:54	10	0:20	11	0:20	9.60	36:49	3:50	9	8:02	11	8:02	
Ziel	0.40	1:17	3:12	5	0:09	6	0:09	10.00	38:06	3:48	9	8:11	11	8:11	