



# 8. Erfurter Campuslauf

Erfurt / 26.06.2024

## Detailed evaluation

**Nell-Lisa Simon**

Club: HMU

Number: 165

Course: 2.00 km/Lap

Hauptlauf

Category:

Frauen (20-29)

Total time: 1:10:21

Speed: 8.53 km/h

Running performance: 7:02 min/km

Laps: 5 (10 km)

Rank in course/Women: 19 (of 28)

Rank in category: 13(of 20)

### Intermediate times

### Stage score

### Total ranking

| Control | Split km | Split Time | Split min/km | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|---------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
|         |          |            |              | Pos Cat.    | Behind Cat. | Pos Women | Behind Women | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1   | 2.00     | 13:16      | 6:38         | 15          | 4:57        | 21        | 4:57         | 2.00          | 13:16      | 6:38         | 15       | 4:57        | 21        | 4:57         |
| Lap 2   | 2.00     | 13:30      | 6:45         | 12          | 5:09        | 17        | 5:09         | 4.00          | 26:46      | 6:41         | 13       | 10:06       | 18        | 10:06        |
| Lap 3   | 2.00     | 13:57      | 6:58         | 13          | 5:19        | 18        | 5:19         | 6.00          | 40:43      | 6:47         | 13       | 15:25       | 18        | 15:25        |
| Lap 4   | 2.00     | 14:27      | 7:13         | 14          | 5:18        | 20        | 5:18         | 8.00          | 55:10      | 6:53         | 12       | 20:35       | 17        | 20:35        |
| Lap 5   | 2.00     | 15:11      | 7:35         | 16          | 6:44        | 23        | 6:44         | 10.00         | 1:10:21    | 7:02         | 13       | 27:19       | 19        | 27:19        |