



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Benjamin Strebinger

Club: SV Grün-Weiß Waldau

Number: 188

Course: 2.00 km/Lap

Hauptlauf

Category:

Männer (20-29)

Total time: 43:16

Speed: 13.87 km/h

Running performance: 4:19 min/km

Laps: 5 (10 km)

Rank in course/Men: 11 (of 68)

Rank in category: 9(of 38)

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.00	8:36	4:17	10	2:00	14	2:00	2.00	8:36	4:17	10	2:00	14	2:00
Lap 2	2.00	8:47	4:23	10	2:04	13	2:04	4.00	17:23	4:20	11	4:04	14	4:04
Lap 3	2.00	8:47	4:23	8	2:04	10	2:04	6.00	26:10	4:21	11	6:08	14	6:08
Lap 4	2.00	8:40	4:19	7	1:52	8	1:52	8.00	34:50	4:21	9	7:59	11	7:59
Lap 5	2.00	8:26	4:13	7	1:48	8	1:48	10.00	43:16	4:19	9	9:47	11	9:47