



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Jonas Pomsel

Club: HMU Erfurt

Number: 156

Course: 2.00 km/Lap

Hauptlauf

Category:

Männer (20-29)

Total time: 46:29

Speed: 12.91 km/h

Running performance: 4:38 min/km

Laps: 5 (10 km)

Rank in course/Men: 21 (of 68)

Rank in category: 14(of 38)

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	2.00	9:03	4:31	19	2:27	29	2:27	2.00	9:03	4:31	19	2:27	29	2:27
Lap 2	2.00	9:25	4:42	17	2:42	28	2:42	4.00	18:28	4:36	18	5:09	27	5:09
Lap 3	2.00	9:27	4:43	15	2:44	21	2:44	6.00	27:55	4:39	16	7:53	25	7:53
Lap 4	2.00	9:27	4:43	14	2:39	20	2:39	8.00	37:22	4:40	16	10:31	22	10:31
Lap 5	2.00	9:07	4:33	15	2:29	21	2:29	10.00	46:29	4:38	14	13:00	20	13:00