



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Nils Christoph

Number: 183

Course: 2.00 km/Lap

Hauptlauf

Category:

Männer (20-29)

Total time: 46:52

Speed: 12.80 km/h

Running performance: 4:41 min/km

Laps: 5 (10 km)

Rank in course/Men: 22 (of 68)

Rank in category: 16(of 38)

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	9:15	4:37	22	2:39	33	2:39	2.00	9:15	4:37	22	2:39	33	2:39
Lap 2	2.00	9:31	4:45	20	2:48	33	2:48	4.00	18:46	4:41	21	5:27	34	5:27
Lap 3	2.00	9:33	4:46	19	2:50	26	2:50	6.00	28:19	4:43	20	8:17	29	8:17
Lap 4	2.00	9:43	4:51	18	2:55	24	2:55	8.00	38:02	4:45	19	11:11	27	11:11
Lap 5	2.00	8:50	4:25	11	2:12	15	2:12	10.00	46:52	4:41	16	13:23	22	13:23