



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Philipp Nowak

Number: 196

Course: 2.00 km/Lap

Hauptlauf

Category:

Männer (20-29)

Total time: 52:43

Speed: 11.38 km/h

Running performance: 5:16 min/km

Laps: 5 (10 km)

Rank in course/Men: 44 (of 68)

Rank in category: 25(of 38)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.00	9:41	4:50	24	3:05	40	3:05	2.00	9:41	4:50	24	3:05	40	3:05
Lap 2	2.00	10:26	5:13	26	3:43	46	3:43	4.00	20:07	5:01	25	6:48	44	6:48
Lap 3	2.00	10:49	5:24	25	4:06	43	4:06	6.00	30:56	5:09	24	10:54	43	10:54
Lap 4	2.00	11:01	5:30	28	4:13	48	4:13	8.00	41:57	5:14	25	15:06	44	15:06
Lap 5	2.00	10:46	5:23	30	4:08	46	4:08	10.00	52:43	5:16	25	19:14	44	19:14