



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Mark-Lukas Grumpe

Number: 189

Course: 2.00 km/Lap

Hauptlauf

Category:

Männer (20-29)

Total time: 52:58

Speed: 11.33 km/h

Running performance: 5:17 min/km

Laps: 5 (10 km)

Rank in course/Men: 46 (of 68)

Rank in category: 26(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	10:02	5:00	29	3:26	48	3:26	2.00	10:02	5:00	29	3:26	48	3:26
Lap 2	2.00	10:52	5:26	32	4:09	55	4:09	4.00	20:54	5:13	30	7:35	53	7:35
Lap 3	2.00	11:14	5:36	30	4:31	53	4:31	6.00	32:08	5:21	27	12:06	49	12:06
Lap 4	2.00	10:41	5:20	23	3:53	38	3:53	8.00	42:49	5:21	26	15:58	46	15:58
Lap 5	2.00	10:09	5:04	25	3:31	36	3:31	10.00	52:58	5:17	26	19:29	46	19:29