



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Tilman Greif

Number: 123

Course: 2.00 km/Lap

Hauptlauf

Category:

Männer (20-29)

Total time: 55:19

Speed: 10.85 km/h

Running performance: 5:31 min/km

Laps: 5 (10 km)

Rank in course/Men: 53 (of 68)

Rank in category: 32(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	11:05	5:32	35	4:29	61	4:29	2.00	11:05	5:32	35	4:29	61	4:29
Lap 2	2.00	10:43	5:21	31	4:00	53	4:00	4.00	21:48	5:27	33	8:29	59	8:29
Lap 3	2.00	10:54	5:27	27	4:11	45	4:11	6.00	32:42	5:27	32	12:40	55	12:40
Lap 4	2.00	11:10	5:34	30	4:22	50	4:22	8.00	43:52	5:29	31	17:01	53	17:01
Lap 5	2.00	11:27	5:43	31	4:49	53	4:49	10.00	55:19	5:31	32	21:50	53	21:50