



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Henry Spiegel

Number: 166

Course: 2.00 km/Lap

Hauptlauf

Category:

Männer (20-29)

Total time: 1:04:08

Speed: 9.36 km/h

Running performance: 6:24 min/km

Laps: 5 (10 km)

Rank in course/Men: 63 (of 68)

Rank in category: 37(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	11:06	5:32	36	4:30	62	4:30	2.00	11:06	5:32	36	4:30	62	4:30
Lap 2	2.00	12:27	6:13	37	5:44	64	5:44	4.00	23:33	5:53	37	10:14	64	10:14
Lap 3	2.00	14:20	7:10	37	7:37	65	7:37	6.00	37:53	6:18	37	17:51	64	17:51
Lap 4	2.00	14:01	7:00	37	7:13	63	7:13	8.00	51:54	6:29	37	25:03	63	25:03
Lap 5	2.00	12:14	6:06	34	5:36	58	5:36	10.00	1:04:08	6:24	37	30:39	63	30:39