



## 8. Erfurter Campuslauf

Erfurt / 26.06.2024

### Detailed evaluation

**Adrian Panse**

Club: USV Erfurt

Number: 101

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M30 (30-34)

Total time: 34:02

Speed: 17.63 km/h

Running performance: 3:24 min/km

Laps: 5 (10 km)

Rank in course/Men: 3 (of 68)

Rank in category: 1(of 9)

#### 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	6:37	3:18	1	-	3	0:01	2.00	6:37	3:18	1	-	3	0:01
Lap 2	2.00	6:43	3:21	1	-	1	-	4.00	13:20	3:20	1	-	3	0:01
Lap 3	2.00	6:49	3:24	1	-	3	0:06	6.00	20:09	3:21	1	-	3	0:07
Lap 4	2.00	6:56	3:28	1	-	3	0:08	8.00	27:05	3:23	1	-	3	0:14
Lap 5	2.00	6:57	3:28	1	-	3	0:19	10.00	34:02	3:24	1	-	3	0:33