



# 8. Erfurter Campuslauf

Erfurt / 26.06.2024

## Detailed evaluation

Francis Alpers

Number: 186

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M30 (30-34)

Total time: 44:26

Speed: 13.50 km/h

Running performance: 4:26 min/km

Laps: 5 (10 km)

Rank in course/Men: 14 (of 68)

Rank in category: 2(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  | 8:08  | 4:03   | 2    | 1:31   | 12  | 1:32   | 2.00  | 8:08  | 4:03   | 2    | 1:31   | 12  | 1:32   |
| Lap 2   | 2.00  | 8:34  | 4:16   | 2    | 1:51   | 10  | 1:51   | 4.00  | 16:42 | 4:10   | 2    | 3:22   | 11  | 3:23   |
| Lap 3   | 2.00  | 9:20  | 4:40   | 4    | 2:31   | 19  | 2:37   | 6.00  | 26:02 | 4:20   | 2    | 5:53   | 13  | 6:00   |
| Lap 4   | 2.00  | 9:23  | 4:41   | 4    | 2:27   | 18  | 2:35   | 8.00  | 35:25 | 4:25   | 2    | 8:20   | 13  | 8:34   |
| Lap 5   | 2.00  | 9:01  | 4:30   | 3    | 2:04   | 19  | 2:23   | 10.00 | 44:26 | 4:26   | 2    | 10:24  | 14  | 10:57  |