



# 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