



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Christoph Ciesla

Club: Studierendenwerk Thüringen

Number: 111

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M30 (30-34)

Total time: 44:36

Speed: 13.45 km/h

Running performance: 4:27 min/km

Laps: 5 (10 km)

Rank in course/Men: 16 (of 68)

Rank in category: 3(of 9)

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Lap 1	2.00	8:36	4:17	3	1:59	14	2:00	2.00	8:36	4:17	3	1:59	14	2:00
Lap 2	2.00	8:47	4:23	3	2:04	13	2:04	4.00	17:23	4:20	3	4:03	14	4:04
Lap 3	2.00	9:04	4:31	3	2:15	15	2:21	6.00	26:27	4:24	3	6:18	15	6:25
Lap 4	2.00	9:21	4:40	3	2:25	17	2:33	8.00	35:48	4:28	3	8:43	15	8:57
Lap 5	2.00	8:48	4:24	2	1:51	14	2:10	10.00	44:36	4:27	3	10:34	16	11:07