



# 8. Erfurter Campuslauf

Erfurt / 26.06.2024

## Detailed evaluation

Niko Makowski

Number: 199

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M30 (30-34)

Total time: 49:43

Speed: 12.07 km/h

Running performance: 4:58 min/km

Laps: 5 (10 km)

Rank in course/Men: 35 (of 68)

Rank in category: 5(of 9)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	2.00	9:49	4:54	6	3:12	46	3:13	2.00	9:49	4:54	6	3:12	46	3:13
Lap 2	2.00	10:06	5:02	5	3:23	43	3:23	4.00	19:55	4:58	5	6:35	42	6:36
Lap 3	2.00	9:49	4:54	5	3:00	29	3:06	6.00	29:44	4:57	5	9:35	40	9:42
Lap 4	2.00	10:24	5:12	5	3:28	34	3:36	8.00	40:08	5:00	5	13:03	40	13:17
Lap 5	2.00	9:35	4:47	5	2:38	24	2:57	10.00	49:43	4:58	5	15:41	35	16:14