



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Manuel Kautz

Number: 135

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M30 (30-34)

Total time: 52:57

Speed: 11.33 km/h

Running performance: 5:17 min/km

Laps: 5 (10 km)

Rank in course/Men: 45 (of 68)

Rank in category: 7(of 9)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.00	9:40	4:49	4	3:03	37	3:04	2.00	9:40	4:49	4	3:03	37	3:04
Lap 2	2.00	10:18	5:09	6	3:35	44	3:35	4.00	19:58	4:59	6	6:38	43	6:39
Lap 3	2.00	10:57	5:28	6	4:08	46	4:14	6.00	30:55	5:09	6	10:46	42	10:53
Lap 4	2.00	11:00	5:30	7	4:04	47	4:12	8.00	41:55	5:14	6	14:50	43	15:04
Lap 5	2.00	11:02	5:30	7	4:05	47	4:24	10.00	52:57	5:17	7	18:55	45	19:28