



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Rupert Rainer

Number: 158

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M30 (30-34)

Total time: 55:43

Speed: 10.77 km/h

Running performance: 5:34 min/km

Laps: 5 (10 km)

Rank in course/Men: 56 (of 68)

Rank in category: 9(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	10:48	5:24	8	4:11	58	4:12	2.00	10:48	5:24	8	4:11	58	4:12
Lap 2	2.00	10:59	5:29	9	4:16	59	4:16	4.00	21:47	5:26	9	8:27	58	8:28
Lap 3	2.00	11:22	5:41	8	4:33	54	4:39	6.00	33:09	5:31	9	13:00	59	13:07
Lap 4	2.00	11:21	5:40	8	4:25	52	4:33	8.00	44:30	5:33	9	17:25	58	17:39
Lap 5	2.00	11:13	5:36	9	4:16	51	4:35	10.00	55:43	5:34	9	21:41	56	22:14