



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Stefan Herziger

Number: 128

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M35 (35-39)

Total time: 44:35

Speed: 13.46 km/h

Running performance: 4:27 min/km

Laps: 5 (10 km)

Rank in course/Men: 15 (of 68)

Rank in category: 1(of 7)

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	8:40	4:19	1	-	16	2:04	2.00	8:40	4:19	1	-	16	2:04
Lap 2	2.00	8:56	4:28	1	-	17	2:13	4.00	17:36	4:24	1	-	16	4:17
Lap 3	2.00	9:06	4:32	1	-	17	2:23	6.00	26:42	4:27	1	-	16	6:40
Lap 4	2.00	9:08	4:33	1	-	13	2:20	8.00	35:50	4:28	1	-	16	8:59
Lap 5	2.00	8:45	4:22	1	-	12	2:07	10.00	44:35	4:27	1	-	15	11:06