



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Jan Frederik Grundmann

Number: 125

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M35 (35-39)

Total time: 48:02

Speed: 12.49 km/h

Running performance: 4:48 min/km

Laps: 5 (10 km)

Rank in course/Men: 28 (of 68)

Rank in category: 4(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	9:10	4:34	3	0:30	32	2:34	2.00	9:10	4:34	3	0:30	32	2:34
Lap 2	2.00	9:25	4:42	5	0:29	28	2:42	4.00	18:35	4:38	3	0:59	30	5:16
Lap 3	2.00	9:50	4:55	4	0:44	31	3:07	6.00	28:25	4:44	4	1:43	31	8:23
Lap 4	2.00	9:45	4:52	3	0:37	27	2:57	8.00	38:10	4:46	4	2:20	29	11:19
Lap 5	2.00	9:52	4:56	4	1:07	30	3:14	10.00	48:02	4:48	4	3:27	28	14:33