



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Ulrich Franke

Number: 118

Course: 2.00 km/Lap

Hauptlauf

Category:

Senioren M45 (45-49)

Total time: 41:23

Speed: 14.50 km/h

Running performance: 4:08 min/km

Laps: 5 (10 km)

Rank in course/Men: 8 (of 68)

Rank in category: 1(of 3)

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	7:25	3:42	1	-	7	0:49	2.00	7:25	3:42	1	-	7	0:49
Lap 2	2.00	8:00	4:00	1	-	8	1:17	4.00	15:25	3:51	1	-	7	2:06
Lap 3	2.00	8:29	4:14	1	-	8	1:46	6.00	23:54	3:58	1	-	7	3:52
Lap 4	2.00	8:46	4:23	1	-	9	1:58	8.00	32:40	4:04	1	-	8	5:49
Lap 5	2.00	8:43	4:21	1	-	11	2:05	10.00	41:23	4:08	1	-	8	7:54