



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Jana Dahms

Club: PaceMaker

Number: 201

Course: 2.00 km/Lap

Hauptlauf

Category:

Seniorinnen W30 (30-34)

Total time: 55:52

Speed: 10.74 km/h

Running performance: 5:35 min/km

Laps: 5 (10 km)

Rank in course/Women: 8 (of 28)

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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.00	10:18	5:09	1	-	10	1:59	2.00	10:18	5:09	1	-	10	1:59
Lap 2	2.00	10:45	5:22	1	-	9	2:24	4.00	21:03	5:15	1	-	9	4:23
Lap 3	2.00	11:20	5:40	1	-	8	2:42	6.00	32:23	5:23	1	-	8	7:05
Lap 4	2.00	11:43	5:51	1	-	8	2:34	8.00	44:06	5:30	1	-	8	9:31
Lap 5	2.00	11:46	5:53	2	0:17	10	3:19	10.00	55:52	5:35	1	-	8	12:50