



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Friederike Uhlig

Number: 184

Course: 2.00 km/Lap

Hauptlauf

Category:

Seniorinnen W30 (30-34)

Total time: 56:35

Speed: 10.60 km/h

Running performance: 5:39 min/km

Laps: 5 (10 km)

Rank in course/Women: 9 (of 28)

Rank in category: 2(of 3)

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	2.00	10:30	5:15	3	0:12	12	2:11	2.00	10:30	5:15	3	0:12	12	2:11
Lap 2	2.00	11:01	5:30	2	0:16	10	2:40	4.00	21:31	5:22	2	0:28	11	4:51
Lap 3	2.00	11:24	5:42	2	0:04	9	2:46	6.00	32:55	5:29	2	0:32	9	7:37
Lap 4	2.00	11:44	5:51	2	0:01	10	2:35	8.00	44:39	5:34	2	0:33	9	10:04
Lap 5	2.00	11:56	5:58	3	0:27	11	3:29	10.00	56:35	5:39	2	0:43	9	13:33