



# 8. Erfurter Campuslauf

Erfurt / 26.06.2024

## Detailed evaluation

**Jonas Pomsel**

Club: HMU Erfurt

Number: 156

Course: 2.00 km/Lap

Th. Hochschulmeisterschaft

Category:

Männer (20-29)

Total time: 46:29

Speed: 12.91 km/h

Running performance: 4:38 min/km

Laps: 5 (10 km)

Rank in course/Men: 11 (of 31)

Rank in category: 9(of 23)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	2.00	9:03	4:31	12	2:27	16	2:27	2.00	9:03	4:31	12	2:27	16	2:27	
Lap 2	2.00	9:25	4:42	12	2:42	14	2:42	4.00	18:28	4:36	11	5:09	15	5:09	
Lap 3	2.00	9:27	4:43	10	2:44	12	2:44	6.00	27:55	4:39	11	7:53	14	7:53	
Lap 4	2.00	9:27	4:43	10	2:39	12	2:39	8.00	37:22	4:40	11	10:31	13	10:31	
Lap 5	2.00	9:07	4:33	9	2:29	11	2:29	10.00	46:29	4:38	9	13:00	11	13:00	