



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Adrian Panse

Club: Ernst-Abbe-Hochschule Jena

Number: 101

Course: 2.00 km/Lap

Th. Hochschulmeisterschaft

Category:

Senioren M30 (30-34)

Total time: 34:02

Speed: 17.63 km/h

Running performance: 3:24 min/km

Laps: 5 (10 km)

Rank in course/Men: 3 (of 31)

Rank in category: 1(of 3)

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.00	6:37	3:18	1	-	3	0:01	2.00	6:37	3:18	1	-	3	0:01
Lap 2	2.00	6:43	3:21	1	-	1	-	4.00	13:20	3:20	1	-	3	0:01
Lap 3	2.00	6:49	3:24	1	-	3	0:06	6.00	20:09	3:21	1	-	3	0:07
Lap 4	2.00	6:56	3:28	1	-	3	0:08	8.00	27:05	3:23	1	-	3	0:14
Lap 5	2.00	6:57	3:28	1	-	3	0:19	10.00	34:02	3:24	1	-	3	0:33