



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Rupert Rainer

Club: Universität Erfurt

Number: 158

Course: 2.00 km/Lap

Th. Hochschulmeisterschaft

Category:

Senioren M30 (30-34)

Total time: 55:43

Speed: 10.77 km/h

Running performance: 5:34 min/km

Laps: 5 (10 km)

Rank in course/Men: 26 (of 31)

Rank in category: 3(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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	2.00	10:48	5:24	3	4:11	28	4:12	2.00	10:48	5:24	3	4:11	28	4:12
Lap 2	2.00	10:59	5:29	3	4:16	28	4:16	4.00	21:47	5:26	3	8:27	28	8:28
Lap 3	2.00	11:22	5:41	3	4:33	25	4:39	6.00	33:09	5:31	3	13:00	28	13:07
Lap 4	2.00	11:21	5:40	3	4:25	24	4:33	8.00	44:30	5:33	3	17:25	27	17:39
Lap 5	2.00	11:13	5:36	3	4:16	23	4:35	10.00	55:43	5:34	3	21:41	26	22:14