



8. Erfurter Campuslauf

Erfurt / 26.06.2024

Detailed evaluation

Jan Frederik Grundmann

Club: Universität Erfurt

Number: 125

Course: 2.00 km/Lap

Th. Hochschulmeisterschaft

Category:

Senioren M35 (35-39)

Total time: 48:02

Speed: 12.49 km/h

Running performance: 4:48 min/km

Laps: 5 (10 km)

Rank in course/Men: 17 (of 31)

Rank in category: 2(of 2)

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	9:10	4:34	2	0:18	19	2:34	2.00	9:10	4:34	2	0:18	19	2:34	
Lap 2	2.00	9:25	4:42	1	-	14	2:42	4.00	18:35	4:38	2	0:18	18	5:16	
Lap 3	2.00	9:50	4:55	2	0:16	17	3:07	6.00	28:25	4:44	2	0:34	17	8:23	
Lap 4	2.00	9:45	4:52	1	-	16	2:57	8.00	38:10	4:46	2	0:29	17	11:19	
Lap 5	2.00	9:52	4:56	2	0:06	17	3:14	10.00	48:02	4:48	2	0:35	17	14:33	