



# 8. Erfurter Campuslauf

Erfurt / 26.06.2024

## Detailed evaluation

**Friederike Uhlig**

Club: HMU Erfurt

Number: 184

Course: 2.00 km/Lap

Th. Hochschulmeisterschaft

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: 5 (of 16)

Rank in category: 1(of 1)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.00	10:30	5:15	1	-	7	2:11	2.00	10:30	5:15	1	-	7	2:11
Lap 2	2.00	11:01	5:30	1	-	6	2:40	4.00	21:31	5:22	1	-	7	4:51
Lap 3	2.00	11:24	5:42	1	-	5	2:46	6.00	32:55	5:29	1	-	5	7:37
Lap 4	2.00	11:44	5:51	1	-	6	2:35	8.00	44:39	5:34	1	-	5	10:04
Lap 5	2.00	11:56	5:58	1	-	5	3:29	10.00	56:35	5:39	1	-	5	13:33