

NRW Uni-Laufcup Digital

Due to the COVID-19 Pandemic all runs of the NRW Uni-Laufcup 2020 have been cancelled. In order to offer all interested runners an alternative, the organizers are organizing a digital running series with the university sports centers of Dortmund, Cologne, Münster and Aachen. The runs are independent of location and can be run by participants individually outdoors. Only the distance and time frame are set. Participation in single runs of the NRW Uni-Laufcup is separate of the cup-score and therefore also possible.

Runs of the NRW Uni-Laufcup Digital

Distance	Time Frame
8 km	June 8, 2020 – June 14, 2020
10 km	June 15, 2020 – June 21, 2020
12 km	June 22, 2020 – June 28, 2020
5.555 km	June 29, 2020 – July 5, 2020

Registration / Submission of Individual Run Results

There is no separate registration. Participants have the opportunity to submit their personal results of each run during the time periods listed above. To register the result the finishing time must be submitted. The submission of the results must be carried out individually for each run under the following [link](https://hsp.tu-dortmund.de/wettkampf-events/online-campuslauf/). (<https://hsp.tu-dortmund.de/wettkampf-events/online-campuslauf/>)

Participation is **free of charge**. Participants have the opportunity, however, to give a donation to [Tafel NRW](#) when submitting their results.

Timekeeping and Distance Measurement

Participants are responsible for keeping their own time and measuring their own distance. To this end, smartphones with running apps and smartwatches may be used. The measured time and distance must be proven with a screenshot. The running distance, time and date must be apparent in the proof. The proof must be provided when submitting personal run results.

Participants

Participation is open to all those interested. Participation in individual runs is also possible. The number of participants is unlimited. Participants who complete the entire run-series will receive a **Finisher's Certificate** by email. Participants belonging to a university are automatically entered in the traditional special ranking of the NRW Uni-Laufcup.

Results

The results of the individual runs, as well as the intermediate and final results of the entire series will be published on the homepages of all organizers after expiration of each time-period. The rankings will be divided between male and female participants. They will not be further divided by age.

Rankings

The results of each race will be placed in a ranking with all participants as well as one divided between male and female participants.

The most successful uni-team will be announced in a separate ranking. The scoring modalities of the stage placements correspond to those of the traditional [NRW Uni-Laufcup](#). Participants belonging to a university are automatically considered for this ranking. The allocation of participants to the uni-teams is done by university location.

All participants that have taken part in all four races are considered for the overall ranking of the run-series. The added total-times of all four races form the basis for this. Rankings are divided by male and female participants. The five fastest male as well as female participants receive a prize.

A total ranking of the uni-teams is compiled for the run-series. The scoring modalities of the total rankings correspond to those of the traditional [NRW Uni-Laufcup](#). The three best uni-teams will be announced. In a further separate ranking the largest uni-team will be honoured. The ranking will be determined on the basis of all added participations of all runs.

Rankings	Categories
8 km	Total, Male, Female, Uni-Team
10 km	Total, Male, Female, Uni-Team
12 km	Total, Male, Female, Uni-Team
5,555 km	Total, Male, Female, Uni-Team
NRW Uni-Laufcup Run-Series	Total, Male, Female, Uni-Team, Uni-Team Size

Prizes

The first five people (male/female) of the overall ranking will be awarded prizes.

Prize Draw

Amongst the participants who took part in all four runs of the NRW Uni-Laufcup Digital, **40 Starting Places** in next year's edition of the NRW Uni-Laufcup run of the winners' choosing will be given away.

Code of Conduct

The government COVID-19 pandemic guidelines applicable at the time of the runs must be observed unconditionally by all participants. All participants commit themselves to achieving their run times fairly and without the use of aids giving them an unfair advantage or other manipulations. A difference in altitude of more than 20 meter per kilometre will result in a disqualification.

Organizers

- [Hochschulsport der TU Dortmund](#)
- [Universitätssport der Universität zu Köln](#)
- [Hochschulsport Münster](#)
- [Hochschulsportzentrum der RWTH Aachen](#)