



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

Menzel, Stephanie

Club: Erfurt
Number: 138

Course: 10.00 km
Hauptlauf

Category:
Frauen (20-29 Jahre)

Total time: 55:46

Speed: 10.76 km/h
Running performance: 5:35 min/km

Rank in course/Total: 44 (of 51)

Rank in course/Women: 10 (of 14)

Best time in course: 45:16

Rank in category: 7(of 9)

Best time in the category: 45:16

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Runde 4 | 2.00 | 8:38 | 4:18 | 6 | 1:40 | 8 | 1:40 | 2.00 | 8:38 | 4:18 | 6 | 1:40 | 8 | 1:40 |
| Runde 4 | 2.00 | 11:09 | 5:34 | 8 | 2:20 | 11 | 2:20 | 4.00 | 19:47 | 4:56 | 8 | 3:44 | 11 | 3:44 |
| Runde 4 | 2.00 | 11:29 | 5:44 | 6 | 2:17 | 8 | 2:17 | 6.00 | 31:16 | 5:12 | 7 | 6:01 | 10 | 6:01 |
| Runde 4 | 2.00 | 12:14 | 6:06 | 6 | 2:23 | 8 | 2:23 | 8.00 | 43:30 | 5:26 | 7 | 8:24 | 9 | 8:24 |
| Finish | 2.00 | 12:16 | 6:08 | 5 | 2:06 | 9 | 2:22 | 10.00 | 55:46 | 5:34 | 8 | 11:57 | 11 | 11:57 |