



1. Erfurter Campuslauf
Erfurt / 02.07.2015

Detailed evaluation

Phillippus, Susanne

Club: Erfurt
Number: 162

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 56:34

Speed: 10.61 km/h
Running performance: 5:40 min/km

Rank in course/Total: 45 (of 51)
Rank in course/Women: 11 (of 14)
Best time in course: 45:16

Rank in category: 1(of 1)
Best time in the category: 56:34

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	8:39	4:19	1	-	9	1:41	2.00	8:39	4:19	1	-	9	1:41
Runde 4	2.00	11:25	5:42	1	-	12	2:36	4.00	20:04	5:00	1	-	12	4:01
Runde 4	2.00	12:17	6:08	1	-	12	3:05	6.00	32:21	5:23	1	-	12	7:06
Runde 4	2.00	12:33	6:16	1	-	10	2:42	8.00	44:54	5:36	1	-	11	9:48
Finish	2.00	11:40	5:49	1	-	7	1:46	10.00	56:34	5:39	1	-	12	12:45