



1. Erfurter Campuslauf
Erfurt / 02.07.2015

Detailed evaluation

Kaptur, Julia

Club: Weimar
Number: 153

Course: 10.00 km
Hauptlauf

Category:
Frauen (20-29 Jahre)

Total time: 1:00:00

Speed: 10.00 km/h
Running performance: 6:00 min/km

Rank in course/Total: 47 (of 51)
Rank in course/Women: 12 (of 14)
Best time in course: 45:16

Rank in category: 8(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	8:47	4:23	8	1:49	11	1:49	2.00	8:47	4:23	8	1:49	11	1:49
Runde 4	2.00	11:57	5:58	9	3:08	13	3:08	4.00	20:44	5:11	9	4:41	13	4:41
Runde 4	2.00	13:03	6:31	9	3:51	13	3:51	6.00	33:47	5:37	9	8:32	13	8:32
Runde 4	2.00	13:17	6:38	8	3:26	12	3:26	8.00	47:04	5:53	8	11:58	12	11:58
Finish	2.00	12:56	6:28	9	2:46	13	3:02	10.00	1:00:00	6:00	9	16:11	13	16:11