



1. Erfurter Campuslauf

Erfurt / 02.07.2015

Detailed evaluation

Sieber-Held, Anke

Club: Erfurt

Number: 141

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:36

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 48 (of 51)

Rank in course/Women: 13 (of 14)

Best time in course: 45:16

Rank in category: 1(of 1)

Best time in the category: 1:02:36

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	8:58	4:29	1	-	14	2:00	2.00	8:58	4:29	1	-	14	2:00
Runde 4	2.00	12:27	6:13	1	-	14	3:38	4.00	21:25	5:21	1	-	14	5:22
Runde 4	2.00	13:24	6:42	1	-	14	4:12	6.00	34:49	5:48	1	-	14	9:34
Runde 4	2.00	13:58	6:59	1	-	13	4:07	8.00	48:47	6:05	1	-	13	13:41
Finish	2.00	13:49	6:54	1	-	14	3:55	10.00	1:02:36	6:15	1	-	14	18:47