



2. Erfurter Campuslauf
Erfurt / 23.06.2016

Detailed evaluation

Wenderhold, Nora

Club: Weimar
Number: 116

Course: 10.00 km
Hauptlauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 58:48

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 34 (of 47)
Rank in course/Women: 5 (of 12)
Best time in course: 42:07

Rank in category: 2(of 2)
Best time in the category: 51:04

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
Halbe Runde	1.00	5:08	5:08	2	0:57	6	1:06	1.00	5:08	5:08	2	0:57	6	1:06
Runde	1.00	6:22	6:21	2	1:39	10	2:05	2.00	11:30	5:45	2	2:36	8	3:11
Halbe Runde	1.00	6:23	6:23	2	1:41	12	2:21	3.00	17:53	5:57	2	4:17	10	5:32
Runde	1.00	6:29	6:29	2	1:24	11	2:08	4.00	24:22	6:05	2	5:41	10	7:40
Halbe Runde	1.00	5:24	5:24	2	0:17	5	1:18	5.00	29:46	5:57	2	5:58	7	8:58
Runde	1.00	5:58	5:58	2	0:08	5	1:38	6.00	35:44	5:57	2	6:06	7	10:36
Halbe Runde	1.00	5:43	5:43	2	0:26	5	1:33	7.00	41:27	5:55	2	6:32	6	12:09
Runde	1.00	6:06	6:05	2	0:50	5	1:42	8.00	47:33	5:56	2	7:22	6	13:51
Halbe Runde	1.00	5:42	5:42	1	-	4	1:34	9.00	53:15	5:55	2	7:22	6	15:25
Finish	1.00	5:33	5:32	2	0:22	5	1:16	10.00	58:48	5:52	2	7:44	5	16:41