



2. Erfurter Campuslauf
Erfurt / 23.06.2016

Detailed evaluation

Sperlich, Konstanze

Club: Erfurt
Number: 162

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:00:44

Speed: 9.88 km/h
Running performance: 6:04 min/km

Rank in course/Total: 39 (of 47)
Rank in course/Women: 8 (of 12)
Best time in course: 42:07

Rank in category: 1(of 2)
Best time in the category: 1:00:44

Control	Intermediate times				Stage score				Total ranking					
	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	5:43	5:43	1	-	11	1:41	1.00	5:43	5:43	1	-	11	1:41
Runde	1.00	6:02	6:01	1	-	8	1:45	2.00	11:45	5:52	1	-	9	3:26
Halbe Runde	1.00	5:49	5:48	1	-	9	1:47	3.00	17:34	5:51	1	-	8	5:13
Runde	1.00	6:18	6:17	1	-	9	1:57	4.00	23:52	5:58	1	-	8	7:10
Halbe Runde	1.00	6:07	6:06	1	-	7	2:01	5.00	29:59	5:59	1	-	8	9:11
Runde	1.00	6:15	6:15	1	-	7	1:55	6.00	36:14	6:02	1	-	8	11:06
Halbe Runde	1.00	5:59	5:59	1	-	6	1:49	7.00	42:13	6:01	1	-	8	12:55
Runde	1.00	6:18	6:17	1	-	6	1:54	8.00	48:31	6:03	1	-	8	14:49
Halbe Runde	1.00	5:58	5:58	1	-	7	1:50	9.00	54:29	6:03	1	-	8	16:39
Finish	1.00	6:15	6:15	1	-	8	1:58	10.00	1:00:44	6:04	1	-	8	18:37