



2. Erfurter Campuslauf Erfurt / 23.06.2016

Detailed evaluation

Grüber, Manuela

Club: Erfurt
Number: 163

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:03:42

Speed: 9.42 km/h
Running performance: 6:22 min/km

Rank in course/Total: 43 (of 47)
Rank in course/Women: 11 (of 12)
Best time in course: 42:07

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

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos | | Behind | | Total km | Total Time | Total min/km | Pos | | Behind | |
|-------------|----------|------------|--------------|------|-------|--------|-------|----------|------------|--------------|------|-------|--------|-------|
| | | | | Cat. | Women | Cat. | Women | | | | Cat. | Women | Cat. | 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 | 6:08 | 6:08 | 2 | 0:01 | 9 | 2:02 | 5.00 | 30:00 | 6:00 | 2 | 0:01 | 9 | 9:12 |
| Runde | 1.00 | 6:28 | 6:28 | 2 | 0:13 | 9 | 2:08 | 6.00 | 36:28 | 6:04 | 2 | 0:14 | 9 | 11:20 |
| Halbe Runde | 1.00 | 6:19 | 6:18 | 2 | 0:20 | 11 | 2:09 | 7.00 | 42:47 | 6:06 | 2 | 0:34 | 9 | 13:29 |
| Runde | 1.00 | 7:30 | 7:30 | 2 | 1:12 | 12 | 3:06 | 8.00 | 50:17 | 6:17 | 2 | 1:46 | 9 | 16:35 |
| Halbe Runde | 1.00 | 6:27 | 6:27 | 2 | 0:29 | 11 | 2:19 | 9.00 | 56:44 | 6:18 | 2 | 2:15 | 9 | 18:54 |
| Finish | 1.00 | 6:58 | 6:58 | 2 | 0:43 | 12 | 2:41 | 10.00 | 1:03:42 | 6:22 | 2 | 2:58 | 11 | 21:35 |