



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 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	6:08	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