



### 3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

#### Detailed evaluation

**FRANK, Antonia**

Club: Erfurt  
Number: 116

Course: 10.00 km  
Hauptlauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:00:43

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

Rank in course/Total: 76 (of 77)

Rank in course/Women: 26 (of 28)

Best time in course: 41:13

Rank in category: 18(of 20)

Best time in the category: 41:13

#### Intermediate times

#### Stage score

#### Total ranking

| Control | Split |       |        | Pos  |      | Behind |       | Total |         |        | Pos  |       | Behind |       |
|---------|-------|-------|--------|------|------|--------|-------|-------|---------|--------|------|-------|--------|-------|
|         | km    | Time  | min/km | Cat. | Cat. | Women  | Women | km    | Time    | min/km | Cat. | Cat.  | Women  | Women |
| Runde   | 2.00  | 11:12 | 5:35   | 16   | 3:28 | 23     | 3:28  | 2.00  | 11:12   | 5:35   | 16   | 3:28  | 23     | 3:28  |
| Runde   | 2.00  | 11:28 | 5:44   | 17   | 3:15 | 24     | 3:15  | 4.00  | 22:40   | 5:40   | 17   | 6:42  | 24     | 6:42  |
| Runde   | 2.00  | 12:05 | 6:02   | 18   | 3:43 | 26     | 3:43  | 6.00  | 34:45   | 5:47   | 17   | 10:22 | 24     | 10:22 |
| Runde   | 2.00  | 12:50 | 6:25   | 18   | 4:24 | 26     | 4:24  | 8.00  | 47:35   | 5:56   | 18   | 14:38 | 26     | 14:38 |
| Finish  | 2.00  | 13:08 | 6:33   | 18   | 4:59 | 26     | 4:59  | 10.00 | 1:00:43 | 6:04   | 18   | 19:30 | 26     | 19:30 |