



### 3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

#### Detailed evaluation

**GOLD, Bernadette**

Club: Universität Erfurt  
Number: 101

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 45:46

Speed: 13.11 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 36 (of 77)  
Rank in course/Women: 6 (of 28)  
Best time in course: 41:13

Rank in category: 1(of 1)  
Best time in the category: 45:46

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
Runde	2.00	8:54	4:27	1	-	9	1:10	2.00	8:54	4:27	1	-	9	1:10
Runde	2.00	8:57	4:28	1	-	4	0:44	4.00	17:51	4:27	1	-	8	1:53
Runde	2.00	9:06	4:32	1	-	5	0:44	6.00	26:57	4:29	1	-	7	2:34
Runde	2.00	9:08	4:33	1	-	5	0:42	8.00	36:05	4:30	1	-	6	3:08
Finish	2.00	9:41	4:50	1	-	8	1:32	10.00	45:46	4:34	1	-	6	4:33