



3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

Detailed evaluation

RÜCKER, Johanna

Club: Erfurt
Number: 132

Course: 10.00 km
Hauptlauf

Category:
Frauen (20-29 Jahre)

Total time: 45:51

Speed: 13.09 km/h
Running performance: 4:35 min/km

Rank in course/Total: 37 (of 77)
Rank in course/Women: 7 (of 28)

Best time in course: 41:13
Rank in category: 5(of 20)
Best time in the category: 41:13

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
Runde	2.00	8:35	4:17	6	0:51	7	0:51	2.00	8:35	4:17	6	0:51	7	0:51
Runde	2.00	9:14	4:36	6	1:01	8	1:01	4.00	17:49	4:27	6	1:51	7	1:51
Runde	2.00	9:32	4:46	6	1:10	8	1:10	6.00	27:21	4:33	6	2:58	8	2:58
Runde	2.00	9:19	4:39	5	0:53	7	0:53	8.00	36:40	4:34	6	3:43	8	3:43
Finish	2.00	9:11	4:35	5	1:02	6	1:02	10.00	45:51	4:35	5	4:38	7	4:38