



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

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|---------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | 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 |