



### 3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

#### Detailed evaluation

**DR. HELD, Katharina**

Club: Universität Erfurt

Number: 130

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 53:59

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 59 (of 77)

Rank in course/Women: 15 (of 28)

Best time in course: 41:13

Rank in category: 1(of 1)

Best time in the category: 53:59

#### 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	10:11	5:05	1	-	16	2:27	2.00	10:11	5:05	1	-	16	2:27
Runde	2.00	10:52	5:26	1	-	18	2:39	4.00	21:03	5:15	1	-	16	5:05
Runde	2.00	10:54	5:27	1	-	16	2:32	6.00	31:57	5:19	1	-	17	7:34
Runde	2.00	11:01	5:30	1	-	15	2:35	8.00	42:58	5:22	1	-	16	10:01
Finish	2.00	11:01	5:30	1	-	17	2:52	10.00	53:59	5:23	1	-	15	12:46