



3. Erfurter Campuslauf Einzel

Erfurt / 10.05.2017

Detailed evaluation

FRITZLAR, Heike

Club: Mühlhäuser Röblinglauf e.V.

Number: 142

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 54:08

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 62 (of 77)

Rank in course/Women: 17 (of 28)

Best time in course: 41:13

Rank in category: 1(of 2)

Best time in the category: 54:08

Intermediate times

Stage score

Total ranking

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	10:39	5:19	1	-	19	2:55	2.00	10:39	5:19	1	-	19	2:55
Runde	2.00	10:52	5:26	1	-	18	2:39	4.00	21:31	5:22	1	-	19	5:33
Runde	2.00	11:13	5:36	2	0:01	19	2:51	6.00	32:44	5:27	2	0:01	20	8:21
Runde	2.00	11:10	5:34	1	-	18	2:44	8.00	43:54	5:29	1	-	19	10:57
Finish	2.00	10:14	5:06	1	-	14	2:05	10.00	54:08	5:24	1	-	17	12:55