



4. Erfurter Campuslauf

Erfurt / 16.05.2018

Detailed evaluation

Bonsack, Maike

Club: Gothaer Turnverein 1860 e.V.

Number: 120

Course: 10.00 km

Hauptlauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 52:37

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 49 (of 72)

Rank in course/Women: 9 (of 21)

Best time in course: 46:12

Rank in category: 2(of 3)

Best time in the category: 48:21

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Runde | 2.00 | 10:16 | 5:08 | 2 | 1:05 | 8 | 1:25 | 2.00 | 10:16 | 5:08 | 2 | 1:05 | 8 | 1:25 |
| Runde | 2.00 | 10:39 | 5:19 | 2 | 1:04 | 10 | 1:23 | 4.00 | 20:55 | 5:13 | 2 | 2:09 | 11 | 2:42 |
| Runde | 2.00 | 10:37 | 5:18 | 2 | 0:47 | 9 | 1:16 | 6.00 | 31:32 | 5:15 | 2 | 2:56 | 10 | 3:52 |
| Runde | 2.00 | 10:35 | 5:17 | 2 | 0:40 | 8 | 1:21 | 8.00 | 42:07 | 5:15 | 2 | 3:36 | 9 | 5:13 |
| Finish | 2.00 | 10:30 | 5:15 | 2 | 0:40 | 9 | 1:12 | 10.00 | 52:37 | 5:15 | 2 | 4:16 | 9 | 6:25 |