



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	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	10:16	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