



# 4. Erfurter Campuslauf

Erfurt / 16.05.2018

## Detailed evaluation

**Abel, Veronika**

Club: FH Erfurt/USV Erfurt

Number: 135

Course: 10.00 km

Hauptlauf

Category:

Frauen (20-29 Jahre)

Total time: 54:19

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 53 (of 72)

Rank in course/Women: 11 (of 21)

Best time in course: 46:12

Rank in category: 8(of 15)

Best time in the category: 46:12

### Intermediate times

### Stage score

### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|         |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Runde   | 2.00        | 9:51          | 4:55            | 4           | 1:00           | 5            | 1:00            | 2.00          | 9:51          | 4:55            | 4           | 1:00           | 5            | 1:00            |
| Runde   | 2.00        | 10:57         | 5:28            | 9           | 1:41           | 12           | 1:41            | 4.00          | 20:48         | 5:12            | 7           | 2:35           | 9            | 2:35            |
| Runde   | 2.00        | 11:03         | 5:31            | 9           | 1:42           | 12           | 1:42            | 6.00          | 31:51         | 5:18            | 8           | 4:11           | 11           | 4:11            |
| Runde   | 2.00        | 11:19         | 5:39            | 8           | 2:05           | 11           | 2:05            | 8.00          | 43:10         | 5:23            | 8           | 6:16           | 11           | 6:16            |
| Finish  | 2.00        | 11:09         | 5:34            | 8           | 1:51           | 11           | 1:51            | 10.00         | 54:19         | 5:25            | 8           | 8:07           | 11           | 8:07            |