



5. Erfurter Campuslauf
Erfurt / 22.05.2019

Detailed evaluation

Schirmbacher, Odette

Club: RUN FOR FUN
Number: 154

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 56:42

Speed: 10.58 km/h
Running performance: 5:40 min/km

Rank in course/Total: 55 (of 82)

Rank in course/Women: 7 (of 21)

Best time in course: 42:34

Rank in category: 1(of 1)

Best time in the category: 56:42

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	11:20	5:40	1	-	9	3:16	2.00	11:20	5:40	1	-	9	3:16
Runde	2.00	11:19	5:39	1	-	9	2:48	4.00	22:39	5:39	1	-	9	6:04
Runde	2.00	11:32	5:46	1	-	7	2:55	6.00	34:11	5:41	1	-	8	8:59
Runde	2.00	11:22	5:41	1	-	7	2:43	8.00	45:33	5:41	1	-	7	11:42
Finish	2.00	11:09	5:34	1	-	9	2:26	10.00	56:42	5:40	1	-	8	24:50