



6. Erfurter Campuslauf

Erfurt / 29.06.2022

Detailed evaluation

AOK PLUS

Club: AOK PLUS

Number: 4

Course: 10.00 km

Teamlauf

Category:

Team Frauen

Total time: 46:38

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 8 (of 10)

Rank in course/Total: 8 (of 10)

Best time in course: 34:25

Rank in category: 1(of 2)

Best time in the category: 46:38

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Runde	0.40	2:13	5:32	2	0:47	10	1:04	0.40	2:13	5:32	2	0:47	10	1:04
Runde	0.40	1:44	4:19	2	0:02	8	0:32	0.80	3:57	4:56	2	0:49	10	1:27
Runde	0.40	1:26	3:34	1	-	3	0:09	1.20	5:23	4:29	2	0:31	10	1:36
Runde	0.40	2:20	5:49	2	0:46	9	1:09	1.60	7:43	4:49	2	1:17	9	2:37
Runde	0.40	1:52	4:39	1	-	8	0:38	2.00	9:35	4:47	2	1:17	9	3:09
Runde	0.40	1:31	3:47	1	-	6	0:14	2.40	11:06	4:37	2	0:40	9	3:14
Runde	0.40	2:10	5:24	2	0:21	9	0:50	2.80	13:16	4:44	2	1:01	9	4:04
Runde	0.40	1:52	4:39	1	-	6	0:30	3.20	15:08	4:43	2	1:01	9	4:25
Runde	0.40	1:29	3:42	1	-	4	0:15	3.60	16:37	4:36	1	-	8	4:35
Runde	0.40	2:09	5:22	2	0:07	10	0:46	4.00	18:46	4:41	2	0:06	9	5:21
Runde	0.40	1:49	4:32	1	-	6	0:27	4.40	20:35	4:40	2	0:01	9	5:48
Runde	0.40	1:32	3:50	1	-	4	0:13	4.80	22:07	4:36	1	-	8	5:50
Runde	0.40	2:10	5:24	2	0:17	10	0:57	5.20	24:17	4:40	1	-	8	6:35
Runde	0.40	1:52	4:39	1	-	7	0:33	5.60	26:09	4:40	1	-	8	7:08
Runde	0.40	1:32	3:50	1	-	3	0:06	6.00	27:41	4:36	1	-	8	7:14
Runde	0.40	2:15	5:37	2	0:23	10	0:54	6.40	29:56	4:40	1	-	8	8:08
Runde	0.40	1:54	4:44	1	-	8	0:40	6.80	31:50	4:40	1	-	8	8:35
Runde	0.40	1:34	3:54	1	-	3	0:11	7.20	33:24	4:38	1	-	8	8:46
Runde	0.40	2:13	5:32	2	0:25	9	0:50	7.60	35:37	4:41	1	-	8	9:33
Runde	0.40	1:49	4:32	1	-	5	0:27	8.00	37:26	4:40	1	-	8	10:00
Runde	0.40	1:36	4:00	1	-	6	0:22	8.40	39:02	4:38	1	-	8	10:05
Runde	0.40	2:28	6:10	2	0:39	10	1:12	8.80	41:30	4:42	1	-	8	11:07
Runde	0.40	1:52	4:39	1	-	6	0:34	9.20	43:22	4:42	1	-	8	11:38
Runde	0.40	1:33	3:52	1	-	3	0:12	9.60	44:55	4:40	1	-	8	11:50
Finish	0.40	1:43	4:17	1	-	8	0:32	10.00	46:38	4:39	1	-	8	12:13