



# 7. Erfurter Campuslauf

Erfurt / 28.06.2023

## Detailed evaluation

**Groneberg, Josephine**

Club: Erfurt  
Number: 117

Course: 10.00 km  
Hauptlauf

Category:  
Frauen (20-29 Jahre)

Total time: 45:21

Speed: 13.23 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 15 (of 61)

Rank in course/Women: 2 (of 11)

Best time in course: 41:59

Rank in category: 2(of 8)

Best time in the category: 41:59

### 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     | 8:44       | 4:21         | 2           | 0:21        | 2         | 0:21         | 2.00          | 8:44       | 4:21         | 2        | 0:21        | 2         | 0:21         |
| Runde   | 2.00     | 8:59       | 4:29         | 2           | 0:30        | 2         | 0:30         | 4.00          | 17:43      | 4:25         | 2        | 0:51        | 2         | 0:51         |
| Runde   | 2.00     | 9:10       | 4:34         | 2           | 0:39        | 2         | 0:39         | 6.00          | 26:53      | 4:28         | 2        | 1:30        | 2         | 1:30         |
| Runde   | 2.00     | 9:14       | 4:36         | 2           | 0:49        | 2         | 0:49         | 8.00          | 36:07      | 4:30         | 2        | 2:19        | 2         | 2:19         |
| Finish  | 2.00     | 9:14       | 4:36         | 2           | 1:03        | 2         | 1:03         | 10.00         | 45:21      | 4:32         | 2        | 3:22        | 2         | 3:22         |