



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