



7. Erfurter Campuslauf  
Erfurt / 28.06.2023

Detailed evaluation

Scharf, Serafina

Club: Erfurt  
Number: 160

Course: 10.00 km  
Hauptlauf

Category:  
Frauen (20-29 Jahre)

Total time: 48:59

Speed: 12.25 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 27 (of 61)

Rank in course/Women: 3 (of 11)

Best time in course: 41:59

Rank in category: 3(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     | 9:25       | 4:42         | 3           | 1:02        | 3         | 1:02         | 2.00          | 9:25       | 4:42         | 3        | 1:02        | 3         | 1:02         |
| Runde   | 2.00     | 9:57       | 4:58         | 3           | 1:28        | 3         | 1:28         | 4.00          | 19:22      | 4:50         | 3        | 2:30        | 3         | 2:30         |
| Runde   | 2.00     | 9:57       | 4:58         | 3           | 1:26        | 3         | 1:26         | 6.00          | 29:19      | 4:53         | 3        | 3:56        | 3         | 3:56         |
| Runde   | 2.00     | 10:03      | 5:01         | 3           | 1:38        | 3         | 1:38         | 8.00          | 39:22      | 4:55         | 3        | 5:34        | 3         | 5:34         |
| Finish  | 2.00     | 9:37       | 4:48         | 3           | 1:26        | 3         | 1:26         | 10.00         | 48:59      | 4:53         | 3        | 7:00        | 3         | 7:00         |