



7. Erfurter Campuslauf
Erfurt / 28.06.2023

Detailed evaluation

Wanke, Helena

Club: Erfurt
Number: 148

Course: 10.00 km
Hauptlauf

Category:
Frauen (20-29 Jahre)

Total time: 49:47

Speed: 12.05 km/h
Running performance: 4:59 min/km

Rank in course/Total: 30 (of 61)

Rank in course/Women: 4 (of 11)

Best time in course: 41:59

Rank in category: 4(of 8)

Best time in the category: 41:59

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	9:56	4:58	4	1:33	4	1:33	2.00	9:56	4:58	4	1:33	4	1:33
Runde	2.00	9:58	4:59	4	1:29	4	1:29	4.00	19:54	4:58	4	3:02	4	3:02
Runde	2.00	9:57	4:58	3	1:26	3	1:26	6.00	29:51	4:58	4	4:28	4	4:28
Runde	2.00	10:03	5:01	3	1:38	3	1:38	8.00	39:54	4:59	4	6:06	4	6:06
Finish	2.00	9:53	4:56	4	1:42	4	1:42	10.00	49:47	4:58	4	7:48	4	7:48