



7. Erfurter Campuslauf  
Erfurt / 28.06.2023

Detailed evaluation

Machwirth, Janet

Club: Läufer gegen Krebs e.V.  
Number: 165

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 54:36

Speed: 10.99 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 42 (of 61)  
Rank in course/Women: 6 (of 11)  
Best time in course: 41:59

Rank in category: 1(of 1)  
Best time in the category: 54:36

Intermediate times				Stage score				Total ranking						
Control	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	10:52	5:26	1	-	9	2:29	2.00	10:52	5:26	1	-	9	2:29
Runde	2.00	10:44	5:21	1	-	5	2:15	4.00	21:36	5:24	1	-	7	4:44
Runde	2.00	11:05	5:32	1	-	6	2:34	6.00	32:41	5:26	1	-	6	7:18
Runde	2.00	11:17	5:38	1	-	6	2:52	8.00	43:58	5:29	1	-	6	10:10
Finish	2.00	10:38	5:18	1	-	5	2:27	10.00	54:36	5:27	1	-	6	12:37