



7. Erfurter Campuslauf  
Erfurt / 28.06.2023

Detailed evaluation

Bango, Yanda

Club: Erfurt  
Number: 103

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:44

Speed: 9.56 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 55 (of 61)  
Rank in course/Women: 9 (of 11)  
Best time in course: 41:59

Rank in category: 1(of 1)  
Best time in the category: 1:02:44

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	11:13	5:36	1	-	10	2:50	2.00	11:13	5:36	1	-	10	2:50
Runde	2.00	12:26	6:13	1	-	10	3:57	4.00	23:39	5:54	1	-	9	6:47
Runde	2.00	12:48	6:24	1	-	10	4:17	6.00	36:27	6:04	1	-	9	11:04
Runde	2.00	13:18	6:39	1	-	9	4:53	8.00	49:45	6:13	1	-	9	15:57
Finish	2.00	12:59	6:29	1	-	9	4:48	10.00	1:02:44	6:16	1	-	9	20:45