



## 7. Erfurter Campuslauf

Erfurt / 28.06.2023

### Detailed evaluation

Komander, Christiane

Club: Erfurt  
Number: 125

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 1:03:41

Speed: 9.42 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 56 (of 61)  
Rank in course/Women: 10 (of 11)  
Best time in course: 41:59

Rank in category: 1(of 1)  
Best time in the category: 1:03:41

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	11:47	5:53	1	-	11	3:24	2.00	11:47	5:53	1	-	11	3:24
Runde	2.00	12:03	6:01	1	-	9	3:34	4.00	23:50	5:57	1	-	10	6:58
Runde	2.00	12:42	6:20	1	-	9	4:11	6.00	36:32	6:05	1	-	10	11:09
Runde	2.00	13:22	6:41	1	-	10	4:57	8.00	49:54	6:14	1	-	10	16:06
Finish	2.00	13:47	6:53	1	-	10	5:36	10.00	1:03:41	6:22	1	-	10	21:42