



2. Erfurter Campuslauf

Erfurt / 23.06.2016

Detailed evaluation

Steinecke, Martin

Club: Erfurt
Number: 164

Course: 10.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 56:25

Speed: 10.64 km/h
Running performance: 5:38 min/km

Rank in course/Total: 30 (of 47)

Rank in course/Men: 25 (of 35)

Best time in course: 33:41

Rank in category: 3(of 3)

Best time in the category: 42:08

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Halbe Runde	1.00	5:14	5:14	3	1:29	29	2:13	1.00	5:14	5:14	3	1:29	29	2:13
Runde	1.00	5:27	5:27	3	1:33	28	2:07	2.00	10:41	5:20	3	3:02	28	4:19
Halbe Runde	1.00	5:23	5:23	3	1:31	30	2:10	3.00	16:04	5:21	3	4:33	29	6:29
Runde	1.00	5:42	5:42	3	1:24	27	2:15	4.00	21:46	5:26	3	5:57	29	8:44
Halbe Runde	1.00	5:31	5:30	3	1:17	27	2:13	5.00	27:17	5:27	3	7:14	29	10:57
Runde	1.00	5:52	5:51	3	1:23	25	2:23	6.00	33:09	5:31	3	8:37	28	13:20
Halbe Runde	1.00	5:43	5:43	3	1:15	25	2:19	7.00	38:52	5:33	3	9:51	27	15:39
Runde	1.00	5:53	5:53	3	1:23	25	2:20	8.00	44:45	5:35	3	11:14	27	17:59
Halbe Runde	1.00	5:48	5:47	3	1:17	24	2:25	9.00	50:33	5:36	3	12:31	26	20:23
Finish	1.00	5:52	5:51	3	1:46	27	2:25	10.00	56:25	5:38	3	14:17	25	22:44