



## 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 |