



5. Erfurter Campuslauf  
Erfurt / 22.05.2019

Detailed evaluation

Steinföhr, Anton

Club: Ilmenau  
Number: 129

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 51:09

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 36 (of 82)

Rank in course/Men: 31 (of 61)

Best time in course: 36:25

Rank in category: 19(of 38)

Best time in the category: 36:25

Intermediate times

Stage score

Total ranking

| Control | Intermediate times |            |              |          | Stage score |         |            |          | Total ranking |              |          |             |         |            |
|---------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|         | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time    | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde   | 2.00               | 10:32      | 5:15         | 21       | 3:24        | 36      | 3:24       | 2.00     | 10:32         | 5:15         | 21       | 3:24        | 36      | 3:24       |
| Runde   | 2.00               | 10:08      | 5:03         | 19       | 2:53        | 30      | 2:53       | 4.00     | 20:40         | 5:10         | 21       | 6:17        | 34      | 6:17       |
| Runde   | 2.00               | 10:11      | 5:05         | 17       | 2:53        | 28      | 2:53       | 6.00     | 30:51         | 5:08         | 20       | 9:10        | 31      | 9:10       |
| Runde   | 2.00               | 10:20      | 5:10         | 20       | 2:56        | 32      | 2:56       | 8.00     | 41:11         | 5:08         | 19       | 12:06       | 31      | 12:06      |
| Finish  | 2.00               | 9:58       | 4:59         | 20       | 2:38        | 32      | 2:38       | 10.00    | 51:09         | 5:06         | 19       | 14:44       | 32      | 29:37      |