



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