



5. Erfurter Campuslauf  
Erfurt / 22.05.2019

Detailed evaluation

Steinecke, Martin

Club: Erfurt  
Number: 167

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 57:44

Speed: 10.39 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 62 (of 82)

Rank in course/Men: 55 (of 61)

Best time in course: 36:25

Rank in category: 5(of 5)

Best time in the category: 41:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:40	5:49	5	3:44	57	4:32	2.00	11:40	5:49	5	3:44	57	4:32
Runde	2.00	11:38	5:48	5	3:16	53	4:23	4.00	23:18	5:49	5	7:00	53	8:55
Runde	2.00	11:29	5:44	5	3:02	52	4:11	6.00	34:47	5:47	5	10:02	53	13:06
Runde	2.00	11:34	5:46	5	3:01	53	4:10	8.00	46:21	5:47	5	13:03	55	17:16
Finish	2.00	11:23	5:41	5	2:48	50	4:03	10.00	57:44	5:46	5	15:51	56	36:12