



# 7. Erfurter Campuslauf

Erfurt / 28.06.2023

## Detailed evaluation

**Steiner, Sebastian**

Club: Erfurt  
Number: 156

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 55:23

Speed: 10.83 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 44 (of 61)

Rank in course/Men: 38 (of 50)

Best time in course: 33:36

Rank in category: 19(of 24)

Best time in the category: 34:21

### 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	10:23	5:11	21	3:47	39	3:47	2.00	10:23	5:11	21	3:47	39	3:47
Runde	2.00	10:40	5:19	19	3:58	37	4:00	4.00	21:03	5:15	19	7:45	37	7:47
Runde	2.00	11:15	5:37	20	4:18	38	4:28	6.00	32:18	5:22	20	12:03	38	12:15
Runde	2.00	11:47	5:53	21	4:46	40	4:58	8.00	44:05	5:30	20	16:46	38	17:13
Finish	2.00	11:18	5:39	19	4:20	38	4:34	10.00	55:23	5:32	19	21:02	38	21:47