



7. Erfurter Campuslauf  
Erfurt / 28.06.2023

Detailed evaluation

Steinecke, Martin

Club: -

Number: 144

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 59:40

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 53 (of 61)

Rank in course/Men: 45 (of 50)

Best time in course: 33:36

Rank in category: 6(of 6)

Best time in the category: 46:18

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	11:35	5:47	6	2:20	47	4:59	2.00	11:35	5:47	6	2:20	47	4:59
Runde	2.00	11:53	5:56	6	2:45	45	5:13	4.00	23:28	5:51	6	5:05	46	10:12
Runde	2.00	11:52	5:56	6	2:37	41	5:05	6.00	35:20	5:53	6	7:42	45	15:17
Runde	2.00	12:03	6:01	6	2:41	42	5:14	8.00	47:23	5:55	6	10:23	45	20:31
Finish	2.00	12:17	6:08	6	2:59	42	5:33	10.00	59:40	5:58	6	13:22	45	26:04