



## 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

### Detailed evaluation

**Reinhardt, Stephan**

Club: SG Union Schönaue

Number: 959

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 405 (of 686)

Rank in course/Men: 356 (of 543)

Best time in course: 29:39

Rank in category: 99(of 136)

Best time in the category: 32:18

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 10:00         | 5:00            | 71          | 3:35           | 261        | 3:58          | 2.00        | 10:00         | 5:00            | 120         | 3:35           | 471        | 3:58          |
| Runde               | 2.00        | 10:10         | 5:04            | 102         | 3:38           | 368        | 4:13          | 4.00        | 20:10         | 5:02            | 119         | 7:13           | 273        | 8:11          |
| Runde               | 2.00        | 10:16         | 5:08            | 102         | 3:36           | 356        | 4:21          | 6.00        | 30:26         | 5:04            | 119         | 10:49          | 468        | 12:32         |
| Runde               | 2.00        | 10:35         | 5:17            | 106         | 4:07           | 389        | 4:40          | 8.00        | 41:01         | 5:07            | 119         | 14:56          | 255        | 17:12         |
| Leichtathletikhalle | 2.00        | 10:38         | 5:18            | 110         | 4:25           | 416        | 4:48          | 10.00       | 51:39         | 5:09            | 99          | 19:21          | 356        | 22:00         |