



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Joost, Steffen

Club: Erfurt

Number: 275

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:27

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 234 (of 477)

Rank in course/Men: 185 (of 315)

Best time in course: 12:17

Rank in category: 33(of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	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	10:20	5:10	27	3:33	148	4:20	2.00	10:20	5:10	28		112	4:20
Leichtathletikhalle	2.00	11:07	5:33	52	4:02	233	4:53	4.00	21:27	5:21	33	7:35	185	9:10