



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Salzmann, Steffen

Club: LTV Erfurt

Number: 830

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:26

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 81 (of 686)

Rank in course/Men: 73 (of 543)

Best time in course: 29:39

Rank in category: 19(of 178)

Best time in the category: 37:27

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 | 8:15 | 4:07 | 20 | 1:04 | 73 | 2:13 | 2.00 | 8:15 | 4:07 | 16 | 0:16 | 58 | 2:13 |
| Runde | 2.00 | 8:22 | 4:11 | 19 | 1:02 | 71 | 2:25 | 4.00 | 16:37 | 4:09 | 16 | | 62 | 4:38 |
| Runde | 2.00 | 8:33 | 4:16 | 19 | 0:58 | 77 | 2:38 | 6.00 | 25:10 | 4:11 | 15 | 3:04 | 61 | 7:16 |
| Runde | 2.00 | 8:47 | 4:23 | 30 | 1:02 | 91 | 2:52 | 8.00 | 33:57 | 4:14 | 14 | 4:06 | 60 | 10:08 |
| Leichtathletikhall | 2.00 | 8:29 | 4:14 | 22 | 1:01 | 85 | 2:39 | 10.00 | 42:26 | 4:14 | 19 | 4:59 | 73 | 12:47 |