



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Lang, Steffen

Club: Erfurt

Number: 1181

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:07

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 124 (of 686)

Rank in course/Men: 114 (of 543)

Best time in course: 29:39

Rank in category: 38(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		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:16	4:38	52	2:05	164	3:14	2.00	9:16	4:38	39	1:17	113	3:14	
Runde	2.00	8:43	4:21	37	1:23	117	2:46	4.00	17:59	4:29	39	0:43	112	6:00	
Runde	2.00	8:44	4:21	34	1:09	106	2:49	6.00	26:43	4:27	38	4:37	111	8:49	
Runde	2.00	8:46	4:23	28	1:01	88	2:51	8.00	35:29	4:26	37	5:38	110	11:40	
Leichtathletikh	2.00	8:38	4:18	36	1:10	109	2:48	10.00	44:07	4:24	38	6:40	114	14:28	