



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Saitz, Stefan-Markus**

Club: LTV Erfurt

Number: 1254

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:08

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 297 (of 686)

Rank in course/Men: 270 (of 543)

Best time in course: 29:39

Rank in category: 93(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	11:00	5:30	122	3:49	388	4:58	2.00	11:00	5:30	56	3:01	163	4:58
Runde	2.00	9:26	4:43	84	2:06	234	3:29	4.00	20:26	5:06	75	3:10	195	8:27
Runde	2.00	9:59	4:59	105	2:24	306	4:04	6.00	30:25	5:04	74	8:19	194	12:31
Runde	2.00	9:38	4:48	80	1:53	233	3:43	8.00	40:03	5:00	73	10:12	193	16:14
Leichtathletikhaf	2.00	9:05	4:32	64	1:37	180	3:15	10.00	49:08	4:54	93	11:41	270	19:29