



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schuh, Steffen

Club: Yiquain Erfurt

Number: 850

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:31

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 201 (of 686)

Rank in course/Men: 184 (of 543)

Best time in course: 29:39

Rank in category: 63(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	9:15	4:37	51	2:04	163	3:13	2.00	9:15	4:37	77	1:16	198	3:13
Runde	2.00	9:02	4:30	59	1:42	173	3:05	4.00	18:17	4:34	77	1:01	197	6:18
Runde	2.00	9:20	4:40	70	1:45	199	3:25	6.00	27:37	4:36	76	5:31	196	9:43
Runde	2.00	9:32	4:46	74	1:47	211	3:37	8.00	37:09	4:38	75	7:18	195	13:20
Leichtathletikhaf	2.00	9:22	4:41	83	1:54	232	3:32	10.00	46:31	4:39	63	9:04	184	16:52