



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zöppig, Veit

Club: SV TU Ilmenau

Number: 1648

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:32

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 275 (of 686)

Rank in course/Men: 250 (of 543)

Best time in course: 29:39

Rank in category: 88(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 | 10:32 | 5:15 | 107 | 3:21 | 335 | 4:30 | 2.00 | 10:32 | 5:15 | 94 | 2:33 | 237 | 4:30 |
| Runde | 2.00 | 9:27 | 4:43 | 85 | 2:07 | 239 | 3:30 | 4.00 | 19:59 | 4:59 | 93 | 2:43 | 265 | 8:00 |
| Runde | 2.00 | 9:27 | 4:43 | 76 | 1:52 | 219 | 3:32 | 6.00 | 29:26 | 4:54 | 92 | 7:20 | 264 | 11:32 |
| Runde | 2.00 | 9:32 | 4:46 | 74 | 1:47 | 211 | 3:37 | 8.00 | 38:58 | 4:52 | 91 | 9:07 | 263 | 15:09 |
| Leichtathletikhäl | 2.00 | 9:34 | 4:46 | 91 | 2:06 | 261 | 3:44 | 10.00 | 48:32 | 4:51 | 88 | 11:05 | 250 | 18:53 |