



## 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

### Detailed evaluation

**Ziemann, Steffen**

Club: Bad Langensalza

Number: 1384

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 512 (of 686)

Rank in course/Men: 439 (of 543)

Best time in course: 29:39

Rank in category: 83(of 107)

Best time in the category: 39:41

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 10:51         | 5:25            | 67          | 3:16           | 367        | 4:49          | 2.00        | 10:51         | 5:25            | 54          | 3:16           | 311        | 4:49          |
| Runde               | 2.00        | 10:33         | 5:16            | 76          | 2:36           | 422        | 4:36          | 4.00        | 21:24         | 5:20            | 54          | 5:49           | 298        | 9:25          |
| Runde               | 2.00        | 10:53         | 5:26            | 83          | 2:46           | 434        | 4:58          | 6.00        | 32:17         | 5:22            | 54          | 8:35           | 308        | 14:23         |
| Runde               | 2.00        | 11:09         | 5:34            | 86          | 3:05           | 440        | 5:14          | 8.00        | 43:26         | 5:25            | 54          | 11:40          | 307        | 19:37         |
| Leichtathletikhalle | 2.00        | 11:09         | 5:34            | 90          | 3:14           | 460        | 5:19          | 10.00       | 54:35         | 5:27            | 83          | 14:54          | 439        | 24:56         |