



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Steinz, Jürgen

Club: Erfurt

Number: 1130

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:57

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 587 (of 686)

Rank in course/Men: 491 (of 543)

Best time in course: 29:39

Rank in category: 164(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	12:12	6:05	172	5:01	509	6:10	2.00	12:12	6:05	136	4:13	401	6:10
Runde	2.00	11:12	5:35	165	3:52	487	5:15	4.00	23:24	5:50	135	6:08	399	11:25
Runde	2.00	11:17	5:38	155	3:42	470	5:22	6.00	34:41	5:46	134	12:35	350	16:47
Runde	2.00	11:42	5:50	157	3:57	482	5:47	8.00	46:23	5:47	133	16:32	397	22:34
Leichtathletikhäl	2.00	11:34	5:46	161	4:06	488	5:44	10.00	57:57	5:47	164	20:30	491	28:18