



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Lindner, Steffen

Club: Erfurt  
Number: 679

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M40 (40-49 Jahre)

Total time: 51:09

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 383 (of 686)

Rank in course/Men: 341 (of 543)

Best time in course: 29:39

Rank in category: 110(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:58	5:29	121	3:47	383	4:56	2.00	10:58	5:29	142	2:59	428	4:56
Runde	2.00	9:55	4:57	106	2:35	316	3:58	4.00	20:53	5:13	141	3:37	419	8:54
Runde	2.00	9:59	4:59	105	2:24	306	4:04	6.00	30:52	5:08	140	8:46	425	12:58
Runde	2.00	10:01	5:00	102	2:16	295	4:06	8.00	40:53	5:06	139	11:02	424	17:04
Leichtathletikh	2.00	10:16	5:08	122	2:48	368	4:26	10.00	51:09	5:06	110	13:42	341	21:30