



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Steinmetz, Mario

Club: SWE Stadtwerke

Number: 980

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 59:00

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 606 (of 686)

Rank in course/Men: 501 (of 543)

Best time in course: 29:39

Rank in category: 168(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	11:47	5:53	164	4:36	477	5:45	2.00	11:47	5:53	92	3:48	258	5:45
Runde	2.00	11:08	5:33	164	3:48	485	5:11	4.00	22:55	5:43	148	5:39	437	10:56
Runde	2.00	11:18	5:39	157	3:43	473	5:23	6.00	34:13	5:42	147	12:07	436	16:19
Runde	2.00	11:26	5:43	153	3:41	464	5:31	8.00	45:39	5:42	146	15:48	435	21:50
Leichtathletikhall	2.00	13:21	6:40	173	5:53	529	7:31	10.00	59:00	5:54	168	21:33	501	29:21