



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirsch, Steffen

Club: Erfurt
Number: 893

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 44:40

Speed: 13.43 km/h
Running performance: 4:28 min/km

Rank in course/Total: 136 (of 686)

Rank in course/Men: 126 (of 543)

Best time in course: 29:39

Rank in category: 43(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	8:47	4:23	31	1:36	111	2:45	2.00	8:47	4:23	159	0:48	136	2:45
Runde	2.00	8:37	4:18	32	1:17	103	2:40	4.00	17:24	4:20	158	0:08	477	5:25
Runde	2.00	8:52	4:26	40	1:17	120	2:57	6.00	26:16	4:22	34	4:10	102	8:22
Runde	2.00	9:11	4:35	52	1:26	149	3:16	8.00	35:27	4:25	156	5:36	121	11:38
Leichtathletikhall	2.00	9:13	4:36	72	1:45	203	3:23	10.00	44:40	4:28	43	7:13	126	15:01