



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bieber, Stefan

Club: Erfurt
Number: 1487

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 46:57

Speed: 12.78 km/h
Running performance: 4:42 min/km

Rank in course/Total: 216 (of 686)

Rank in course/Men: 198 (of 543)

Best time in course: 29:39

Rank in category: 65(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	9:33	4:46	64	2:22	194	3:31	2.00	9:33	4:46	18	1:34	66	3:31
Runde	2.00	9:07	4:33	62	1:47	182	3:10	4.00	18:40	4:40	165	1:24	268	6:41
Runde	2.00	9:20	4:40	70	1:45	199	3:25	6.00	28:00	4:40	164	5:54	300	10:06
Runde	2.00	9:23	4:41	68	1:38	187	3:28	8.00	37:23	4:40	163	7:32	502	13:34
Leichtathletikhah	2.00	9:34	4:46	91	2:06	261	3:44	10.00	46:57	4:41	65	9:30	198	17:18