



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stelzner, Torsten

Club: WSV Ilmenau

Number: 942

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 37:27

Speed: 16.02 km/h

Running performance: 3:44 min/km

Rank in course/Total: 22 (of 686)

Rank in course/Men: 19 (of 543)

Best time in course: 29:39

Rank in category: 1(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	7:11	3:35	1	-	19	1:09	2.00	7:11	3:35	2	-	20	1:09
Runde	2.00	7:20	3:39	1	-	17	1:23	4.00	14:31	3:37	2	-	19	2:32
Runde	2.00	7:35	3:47	1	-	18	1:40	6.00	22:06	3:41	1	-	13	4:12
Runde	2.00	7:45	3:52	1	-	19	1:50	8.00	29:51	3:43	1	-	18	6:02
Leichtathletikhah	2.00	7:36	3:47	2	0:08	24	1:46	10.00	37:27	3:44	1	-	19	7:48