



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Steinhardt, Ingo

Club: Creuzburg

Number: 887

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 38:25

Speed: 15.62 km/h

Running performance: 3:50 min/km

Rank in course/Total: 31 (of 686)

Rank in course/Men: 27 (of 543)

Best time in course: 29:39

Rank in category: 3(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	7:33	3:46	3	0:22	30	1:31	2.00	7:33	3:46	5		27	1:31	
Runde	2.00	7:33	3:46	2	0:13	23	1:36	4.00	15:06	3:46	5		26	3:07	
Runde	2.00	7:44	3:52	2	0:09	21	1:49	6.00	22:50	3:48	4	0:44	25	4:56	
Runde	2.00	7:48	3:53	2	0:03	22	1:53	8.00	30:38	3:49	4	0:47	25	6:49	
Leichtathletikhall	2.00	7:47	3:53	5	0:19	33	1:57	10.00	38:25	3:50	3	0:58	27	8:46	