



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meier, Steffen

Club: Erfurt
Number: 1795

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 39:39

Speed: 15.13 km/h
Running performance: 3:58 min/km

Rank in course/Total: 37 (of 686)

Rank in course/Men: 33 (of 543)

Best time in course: 29:39

Rank in category: 6(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	7:40	3:50	5	0:29	34	1:38	2.00	7:40	3:50	9		30	1:38	
Runde	2.00	8:00	4:00	10	0:40	41	2:03	4.00	15:40	3:54	9		35	3:41	
Runde	2.00	8:09	4:04	10	0:34	41	2:14	6.00	23:49	3:58	8	1:43	34	5:55	
Runde	2.00	8:03	4:01	6	0:18	32	2:08	8.00	31:52	3:59	7	2:01	33	8:03	
Leichtathletikhall	2.00	7:47	3:53	5	0:19	33	1:57	10.00	39:39	3:57	6	2:12	33	10:00	