



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Salzmann, Steffen

Club: LTV Erfurt

Number: 830

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:26

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 81 (of 686)

Rank in course/Men: 73 (of 543)

Best time in course: 29:39

Rank in category: 19(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	8:15	4:07	20	1:04	73	2:13	2.00	8:15	4:07	16	0:16	58	2:13
Runde	2.00	8:22	4:11	19	1:02	71	2:25	4.00	16:37	4:09	16		62	4:38
Runde	2.00	8:33	4:16	19	0:58	77	2:38	6.00	25:10	4:11	15	3:04	61	7:16
Runde	2.00	8:47	4:23	30	1:02	91	2:52	8.00	33:57	4:14	14	4:06	60	10:08
Leichtathletikhall	2.00	8:29	4:14	22	1:01	85	2:39	10.00	42:26	4:14	19	4:59	73	12:47