



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

### Gressler, Steffen

Club: Erfurt  
Number: 1365

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M30 (30-39 Jahre)

Total time: 42:11

Speed: 14.22 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 74 (of 686)

Rank in course/Men: 67 (of 543)

Best time in course: 29:39

Rank in category: 24(of 136)

Best time in the category: 32:18

### 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	8:45	4:22	29	2:20	104	2:43	2.00	8:45	4:22	24	2:20	69	2:43
Runde	2.00	8:15	4:07	19	1:43	56	2:18	4.00	17:00	4:15	23	4:03	52	5:01
Runde	2.00	8:31	4:15	26	1:51	74	2:36	6.00	25:31	4:15	22	5:54	65	7:37
Runde	2.00	8:29	4:14	23	2:01	61	2:34	8.00	34:00	4:15	23	7:55	66	10:11
Leichtathletikhall	2.00	8:11	4:05	21	1:58	58	2:21	10.00	42:11	4:13	24	9:53	67	12:32