



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weiß, Steffen

Club: WSV Ilmenau 1908 e.V.

Number: 1402

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 43:16

Speed: 13.87 km/h

Running performance: 4:20 min/km

Rank in course/Total: 105 (of 686)

Rank in course/Men: 96 (of 543)

Best time in course: 29:39

Rank in category: 12(of 107)

Best time in the category: 39:41

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	8:38	4:18	12	1:03	92	2:36	2.00	8:38	4:18	12	1:03	77	2:36	
Runde	2.00	8:42	4:20	12	0:45	114	2:45	4.00	17:20	4:19	12	1:45	91	5:21	
Runde	2.00	8:41	4:20	13	0:34	98	2:46	6.00	26:01	4:20	12	2:19	90	8:07	
Runde	2.00	8:46	4:23	9	0:42	88	2:51	8.00	34:47	4:20	12	3:01	89	10:58	
Leichtathletikhäl	2.00	8:29	4:14	9	0:34	85	2:39	10.00	43:16	4:19	12	3:35	96	13:37	