



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stöckert, Dieter

Club: TSV Ostheim

Number: 1190

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:20

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 108 (of 686)

Rank in course/Men: 99 (of 543)

Best time in course: 29:39

Rank in category: 28(of 178)

Best time in the category: 37:27

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	8:55	4:27	39	1:44	130	2:53	2.00	8:55	4:27	6	0:56	32	2:53
Runde	2.00	8:43	4:21	37	1:23	117	2:46	4.00	17:38	4:24	31	0:22	49	5:39
Runde	2.00	8:36	4:17	24	1:01	86	2:41	6.00	26:14	4:22	30	4:08	95	8:20
Runde	2.00	8:45	4:22	27	1:00	87	2:50	8.00	34:59	4:22	29	5:08	94	11:10
Leichtathletikhäl	2.00	8:21	4:10	18	0:53	70	2:31	10.00	43:20	4:20	28	5:53	99	13:41