



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sickel, Steffen

Club: Walschleben

Number: 1275

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:33

Speed: 13.78 km/h

Running performance: 4:22 min/km

Rank in course/Total: 111 (of 686)

Rank in course/Men: 102 (of 543)

Best time in course: 29:39

Rank in category: 29(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	9:18	4:39	53	2:07	165	3:16	2.00	9:18	4:39	33	1:19	99	3:16			
Runde	2.00	8:32	4:15	26	1:12	93	2:35	4.00	17:50	4:27	33	0:34	67	5:51			
Runde	2.00	8:36	4:17	24	1:01	86	2:41	6.00	26:26	4:24	32	4:20	97	8:32			
Runde	2.00	8:44	4:21	26	0:59	84	2:49	8.00	35:10	4:23	31	5:19	96	11:21			
Leichtathletikhäl	2.00	8:23	4:11	19	0:55	73	2:33	10.00	43:33	4:21	29	6:06	102	13:54			