



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krannich, Steffen

Club: Altenfeld

Number: 932

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:04

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 186 (of 686)

Rank in course/Men: 170 (of 543)

Best time in course: 29:39

Rank in category: 60(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	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	9:03	4:31	60	1:43	174	3:06	4.00	18:21	4:35	43	1:05	122	6:22
Runde	2.00	9:09	4:34	51	1:34	162	3:14	6.00	27:30	4:34	42	5:24	121	9:36
Runde	2.00	9:17	4:38	60	1:32	170	3:22	8.00	36:47	4:35	41	6:56	120	12:58
Leichtathletikhall	2.00	9:17	4:38	74	1:49	213	3:27	10.00	46:04	4:36	60	8:37	170	16:25