



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Peschke, Steffen

Club: PDV Power Runners

Number: 1094

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:50

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 142 (of 686)

Rank in course/Men: 132 (of 543)

Best time in course: 29:39

Rank in category: 45(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	8:23	4:11	24	1:12	82	2:21	2.00	8:23	4:11	52	0:24	76	2:21
Runde	2.00	8:57	4:28	52	1:37	163	3:00	4.00	17:20	4:19	52	0:04	91	5:21
Runde	2.00	9:10	4:34	55	1:35	169	3:15	6.00	26:30	4:25	51	4:24	134	8:36
Runde	2.00	9:16	4:38	59	1:31	168	3:21	8.00	35:46	4:28	50	5:55	141	11:57
Leichtathletikhaf	2.00	9:04	4:31	63	1:36	176	3:14	10.00	44:50	4:29	45	7:23	132	15:11