



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

### Rokosch, Steffen

Club: München

Number: 994

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:41

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 243 (of 686)

Rank in course/Men: 222 (of 543)

Best time in course: 29:39

Rank in category: 76(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	10:30	5:15	105	3:19	330	4:28	2.00	10:30	5:15	59	2:31	166	4:28
Runde	2.00	9:20	4:40	77	2:00	216	3:23	4.00	19:50	4:57	59	2:34	151	7:51
Runde	2.00	9:19	4:39	69	1:44	193	3:24	6.00	29:09	4:51	58	7:03	164	11:15
Runde	2.00	9:25	4:42	71	1:40	192	3:30	8.00	38:34	4:49	57	8:43	163	14:45
Leichtathletikh	2.00	9:07	4:33	65	1:39	184	3:17	10.00	47:41	4:46	76	10:14	222	18:02