



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Saitz, Stefan-Markus

Club: LTV Erfurt

Number: 1254

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:08

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 297 (of 686)

Rank in course/Men: 270 (of 543)

Best time in course: 29:39

Rank in category: 93(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 | 11:00 | 5:30 | 122 | 3:49 | 388 | 4:58 | 2.00 | 11:00 | 5:30 | 56 | 3:01 | 163 | 4:58 |
| Runde | 2.00 | 9:26 | 4:43 | 84 | 2:06 | 234 | 3:29 | 4.00 | 20:26 | 5:06 | 75 | 3:10 | 195 | 8:27 |
| Runde | 2.00 | 9:59 | 4:59 | 105 | 2:24 | 306 | 4:04 | 6.00 | 30:25 | 5:04 | 74 | 8:19 | 194 | 12:31 |
| Runde | 2.00 | 9:38 | 4:48 | 80 | 1:53 | 233 | 3:43 | 8.00 | 40:03 | 5:00 | 73 | 10:12 | 193 | 16:14 |
| Leichtathletikhaf | 2.00 | 9:05 | 4:32 | 64 | 1:37 | 180 | 3:15 | 10.00 | 49:08 | 4:54 | 93 | 11:41 | 270 | 19:29 |