



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Eylenstein, Stephan

Club: Isseroda

Number: 1002

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:35

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 319 (of 686)

Rank in course/Men: 288 (of 543)

Best time in course: 29:39

Rank in category: 83(of 136)

Best time in the category: 32:18

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:50	5:25	100	4:25	365	4:48	2.00	10:50	5:25	62	4:25	214	4:48	
Runde	2.00	9:31	4:45	79	2:59	256	3:34	4.00	20:21	5:05	61	7:24	217	8:22	
Runde	2.00	9:47	4:53	77	3:07	275	3:52	6.00	30:08	5:01	61	10:31	216	12:14	
Runde	2.00	9:56	4:58	79	3:28	277	4:01	8.00	40:04	5:00	61	13:59	215	16:15	
Leichtathletikh	2.00	9:31	4:45	73	3:18	252	3:41	10.00	49:35	4:57	83	17:17	288	19:56	