



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 | |
| Leichtathletikhaf | 2.00 | 9:31 | 4:45 | 73 | 3:18 | 252 | 3:41 | 10.00 | 49:35 | 4:57 | 83 | 17:17 | 288 | 19:56 | |