



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

### Zöppig, Veit

Club: SV TU Ilmenau

Number: 1648

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:32

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 275 (of 686)

Rank in course/Men: 250 (of 543)

Best time in course: 29:39

Rank in category: 88(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	10:32	5:15	107	3:21	335	4:30	2.00	10:32	5:15	94	2:33	237	4:30
Runde	2.00	9:27	4:43	85	2:07	239	3:30	4.00	19:59	4:59	93	2:43	265	8:00
Runde	2.00	9:27	4:43	76	1:52	219	3:32	6.00	29:26	4:54	92	7:20	264	11:32
Runde	2.00	9:32	4:46	74	1:47	211	3:37	8.00	38:58	4:52	91	9:07	263	15:09
Leichtathletikhäl	2.00	9:34	4:46	91	2:06	261	3:44	10.00	48:32	4:51	88	11:05	250	18:53