



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit

Number: 1024

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:09

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 336 (of 686)

Rank in course/Men: 304 (of 543)

Best time in course: 29:39

Rank in category: 103(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	10:34	5:16	109	3:23	343	4:32	2.00	10:34	5:16	104	2:35	269	4:32	
Runde	2.00	9:53	4:56	104	2:33	312	3:56	4.00	20:27	5:06	103	3:11	300	8:28	
Runde	2.00	9:50	4:55	101	2:15	288	3:55	6.00	30:17	5:02	102	8:11	299	12:23	
Runde	2.00	10:05	5:02	106	2:20	307	4:10	8.00	40:22	5:02	101	10:31	203	16:33	
Leichtathletikhaf	2.00	9:47	4:53	103	2:19	290	3:57	10.00	50:09	5:00	103	12:42	304	20:30	