



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Koch, Stefan

Club: SC Fortuna erfurt e.V.

Number: 1491

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:40

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 475 (of 686)

Rank in course/Men: 414 (of 543)

Best time in course: 29:39

Rank in category: 137(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 | 11:44 | 5:51 | 161 | 4:33 | 471 | 5:42 | 2.00 | 11:44 | 5:51 | 115 | 3:45 | 290 | 5:42 |
| Runde | 2.00 | 10:32 | 5:15 | 141 | 3:12 | 418 | 4:35 | 4.00 | 22:16 | 5:33 | 114 | 5:00 | 288 | 10:17 |
| Runde | 2.00 | 10:29 | 5:14 | 130 | 2:54 | 390 | 4:34 | 6.00 | 32:45 | 5:27 | 113 | 10:39 | 287 | 14:51 |
| Runde | 2.00 | 10:31 | 5:15 | 122 | 2:46 | 372 | 4:36 | 8.00 | 43:16 | 5:24 | 112 | 13:25 | 286 | 19:27 |
| Leichtathletikhaf | 2.00 | 10:24 | 5:12 | 129 | 2:56 | 392 | 4:34 | 10.00 | 53:40 | 5:21 | 137 | 16:13 | 414 | 24:01 |