



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reichenbächer, Steffen

Club: Stadtwerke Erfurt

Number: 1108

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:57

Speed: 11.78 km/h

Running performance: 5:06 min/km

Rank in course/Total: 378 (of 686)

Rank in course/Men: 338 (of 543)

Best time in course: 29:39

Rank in category: 96(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:46	4:53	65	3:21	227	3:44	2.00	9:46	4:53	88	3:21	178	3:44	
Runde	2.00	10:08	5:03	99	3:36	359	4:11	4.00	19:54	4:58	87	6:57	290	7:55	
Runde	2.00	10:21	5:10	106	3:41	373	4:26	6.00	30:15	5:02	87	10:38	344	12:21	
Runde	2.00	10:33	5:16	105	4:05	381	4:38	8.00	40:48	5:05	87	14:43	343	16:59	
Leichtathletikhah	2.00	10:09	5:04	98	3:56	358	4:19	10.00	50:57	5:05	96	18:39	338	21:18	