



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zuber, Olaf

Club: Erfurt

Number: 1166

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:02:35

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 650 (of 686)

Rank in course/Men: 523 (of 543)

Best time in course: 29:39

Rank in category: 174(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 | 9:33 | 4:46 | 64 | 2:22 | 194 | 3:31 | 2.00 | 9:33 | 4:46 | 18 | 1:34 | 66 | 3:31 |
| Runde | 2.00 | 10:22 | 5:11 | 135 | 3:02 | 401 | 4:25 | 4.00 | 19:55 | 4:58 | 137 | 2:39 | 209 | 7:56 |
| Runde | 2.00 | 12:14 | 6:06 | 174 | 4:39 | 519 | 6:19 | 6.00 | 32:09 | 5:21 | 136 | 10:03 | 403 | 14:15 |
| Runde | 2.00 | 14:39 | 7:19 | 175 | 6:54 | 535 | 8:44 | 8.00 | 46:48 | 5:50 | 135 | 16:57 | 396 | 22:59 |
| Leichtathletikhäl | 2.00 | 15:47 | 7:53 | 174 | 8:19 | 532 | 9:57 | 10.00 | 1:02:35 | 6:15 | 174 | 25:08 | 523 | 32:56 |