



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scheufler, Sören

Club: Erfurt

Number: 1282

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:15

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 229 (of 686)

Rank in course/Men: 210 (of 543)

Best time in course: 29:39

Rank in category: 69(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:43	4:51	70	2:32	215	3:41	2.00	9:43	4:51	150	1:44	441	3:41
Runde	2.00	9:08	4:33	65	1:48	187	3:11	4.00	18:51	4:42	149	1:35	171	6:52
Runde	2.00	9:28	4:44	77	1:53	221	3:33	6.00	28:19	4:43	148	6:13	329	10:25
Runde	2.00	9:35	4:47	76	1:50	222	3:40	8.00	37:54	4:44	147	8:03	437	14:05
Leichtathletikhalle	2.00	9:21	4:40	80	1:53	226	3:31	10.00	47:15	4:43	69	9:48	210	17:36