



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Reichardt, Andreas**

Club: Ingersleben

Number: 1385

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:00:21

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 629 (of 686)

Rank in course/Men: 513 (of 543)

Best time in course: 29:39

Rank in category: 171(of 178)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

| Control            | Split |       | Pos  | Behind | Pos  |     | Total | Total | Total   | Pos  | Behind | Pos   | Behind |       |
|--------------------|-------|-------|------|--------|------|-----|-------|-------|---------|------|--------|-------|--------|-------|
|                    | km    | Time  |      |        | Men  | Men |       |       |         |      |        |       |        | km    |
| Runde              | 2.00  | 13:02 | 6:30 | 177    | 5:51 | 530 | 7:00  | 2.00  | 13:02   | 6:30 | 153    | 5:03  | 459    | 7:00  |
| Runde              | 2.00  | 11:55 | 5:57 | 176    | 4:35 | 522 | 5:58  | 4.00  | 24:57   | 6:14 | 152    | 7:41  | 457    | 12:58 |
| Runde              | 2.00  | 11:43 | 5:51 | 167    | 4:08 | 499 | 5:48  | 6.00  | 36:40   | 6:06 | 151    | 14:34 | 456    | 18:46 |
| Runde              | 2.00  | 11:54 | 5:57 | 167    | 4:09 | 503 | 5:59  | 8.00  | 48:34   | 6:04 | 150    | 18:43 | 455    | 24:45 |
| Leichtathletikhall | 2.00  | 11:47 | 5:53 | 166    | 4:19 | 500 | 5:57  | 10.00 | 1:00:21 | 6:02 | 171    | 22:54 | 513    | 30:42 |