



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hildebrandt, Rolf

Club: Blau Weiß Büßleben

Number: 943

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:15

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 498 (of 686)

Rank in course/Men: 430 (of 543)

Best time in course: 29:39

Rank in category: 142(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	11:37	5:48	155	4:26	458	5:35	2.00	11:37	5:48	154	3:38	262	5:35
Runde	2.00	10:52	5:26	155	3:32	463	4:55	4.00	22:29	5:37	153	5:13	411	10:30
Runde	2.00	10:58	5:29	146	3:23	440	5:03	6.00	33:27	5:34	152	11:21	461	15:33
Runde	2.00	11:11	5:35	146	3:26	444	5:16	8.00	44:38	5:34	151	14:47	460	20:49
Leichtathletikhäl	2.00	9:37	4:48	95	2:09	268	3:47	10.00	54:15	5:25	142	16:48	430	24:36