



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zscharnt, Holger

Club: Stadtwerke Erfurt

Number: 1116

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:34

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 599 (of 686)

Rank in course/Men: 497 (of 543)

Best time in course: 29:39

Rank in category: 165(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	12:20	6:10	176	5:09	516	6:18	2.00	12:20	6:10	157	4:21	473	6:18				
Runde	2.00	11:31	5:45	172	4:11	502	5:34	4.00	23:51	5:57	156	6:35	471	11:52				
Runde	2.00	11:35	5:47	166	4:00	495	5:40	6.00	35:26	5:54	155	13:20	470	17:32				
Runde	2.00	11:50	5:55	165	4:05	500	5:55	8.00	47:16	5:54	154	17:25	469	23:27				
Leichtathletikhaf	2.00	11:18	5:39	157	3:50	473	5:28	10.00	58:34	5:51	165	21:07	497	28:55				