



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Babeck, Thomas

Club: Erfurt

Number: 1274

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:20

Speed: 11.69 km/h

Running performance: 5:08 min/km

Rank in course/Total: 393 (of 686)

Rank in course/Men: 348 (of 543)

Best time in course: 29:39

Rank in category: 113(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			min/km	Cat.								Cat.
Runde	2.00	10:52	5:26	116	3:41	369	4:50	2.00	10:52	5:26	99	2:53	279	4:50
Runde	2.00	10:03	5:01	112	2:43	340	4:06	4.00	20:55	5:13	159	3:39	479	8:56
Runde	2.00	10:15	5:07	117	2:40	354	4:20	6.00	31:10	5:11	158	9:04	478	13:16
Runde	2.00	10:12	5:05	111	2:27	329	4:17	8.00	41:22	5:10	102	11:31	261	17:33
Leichtathletikhall	2.00	9:58	4:59	112	2:30	326	4:08	10.00	51:20	5:08	113	13:53	348	21:41