



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stichling, Mario

Club: Team1434

Number: 1641

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:28

Speed: 15.20 km/h

Running performance: 3:57 min/km

Rank in course/Total: 35 (of 686)

Rank in course/Men: 31 (of 543)

Best time in course: 29:39

Rank in category: 5(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	7:59	3:59	12	0:48	54	1:57	2.00	7:59	3:59	1	-	3	1:57	
Runde	2.00	7:47	3:53	5	0:27	30	1:50	4.00	15:46	3:56	7		32	3:47	
Runde	2.00	7:55	3:57	4	0:20	29	2:00	6.00	23:41	3:56	6	1:35	31	5:47	
Runde	2.00	7:59	3:59	5	0:14	30	2:04	8.00	31:40	3:57	5	1:49	30	7:51	
Leichtathletikhaf	2.00	7:48	3:53	7	0:20	35	1:58	10.00	39:28	3:56	5	2:01	31	9:49	