



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Becker, Frank

Club: USV Erfurt

Number: 1238

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:41

Speed: 15.12 km/h

Running performance: 3:58 min/km

Rank in course/Total: 39 (of 686)

Rank in course/Men: 34 (of 543)

Best time in course: 29:39

Rank in category: 7(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:49	3:54	7	0:38	39	1:47	2.00	7:49	3:54	11		40	1:47
Runde	2.00	7:55	3:57	6	0:35	35	1:58	4.00	15:44	3:55	11		39	3:45
Runde	2.00	8:03	4:01	7	0:28	34	2:08	6.00	23:47	3:57	10	1:41	38	5:53
Runde	2.00	8:06	4:02	7	0:21	36	2:11	8.00	31:53	3:59	9	2:02	37	8:04
Leichtathletikhalle	2.00	7:48	3:53	7	0:20	35	1:58	10.00	39:41	3:58	7	2:14	34	10:02