



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kunze, Axel

Club: TC 93 Erfurt

Number: 879

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:49

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 91 (of 686)

Rank in course/Men: 83 (of 543)

Best time in course: 29:39

Rank in category: 21(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	9:33	4:46	64	2:22	194	3:31	2.00	9:33	4:46	18	1:34	66	3:31
Runde	2.00	8:19	4:09	16	0:59	64	2:22	4.00	17:52	4:28	18	0:36	65	5:53
Runde	2.00	8:20	4:10	12	0:45	54	2:25	6.00	26:12	4:21	17	4:06	64	8:18
Runde	2.00	8:22	4:11	13	0:37	52	2:27	8.00	34:34	4:19	16	4:43	63	10:45
Leichtathletikhall	2.00	8:15	4:07	17	0:47	64	2:25	10.00	42:49	4:16	21	5:22	83	13:10