



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Winter, Jens

Club: TSV Gera-Zwötzen e.V.

Number: 1647

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:18

Speed: 14.18 km/h

Running performance: 4:14 min/km

Rank in course/Total: 78 (of 686)

Rank in course/Men: 70 (of 543)

Best time in course: 29:39

Rank in category: 17(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	8:07	4:03	18	0:56	66	2:05	2.00	8:07	4:03	19	0:08	75	2:05
Runde	2.00	8:27	4:13	20	1:07	80	2:30	4.00	16:34	4:08	19		74	4:35
Runde	2.00	8:35	4:17	22	1:00	81	2:40	6.00	25:09	4:11	18	3:03	73	7:15
Runde	2.00	8:35	4:17	16	0:50	69	2:40	8.00	33:44	4:13	17	3:53	72	9:55
Leichtathletikhaf	2.00	8:34	4:16	28	1:06	98	2:44	10.00	42:18	4:13	17	4:51	70	12:39