



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meurer, Ingo

Club: SV Olympia Neustadt

Number: 1075

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:06

Speed: 14.25 km/h

Running performance: 4:13 min/km

Rank in course/Total: 72 (of 686)

Rank in course/Men: 65 (of 543)

Best time in course: 29:39

Rank in category: 15(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	8:15	4:07	20	1:04	73	2:13	2.00	8:15	4:07	16	0:16	58	2:13
Runde	2.00	8:29	4:14	23	1:09	87	2:32	4.00	16:44	4:11	22		71	4:45
Runde	2.00	8:31	4:15	18	0:56	74	2:36	6.00	25:15	4:12	21	3:09	79	7:21
Runde	2.00	8:42	4:20	25	0:57	83	2:47	8.00	33:57	4:14	14	4:06	60	10:08
Leichtathletikhaf	2.00	8:09	4:04	12	0:41	55	2:19	10.00	42:06	4:12	15	4:39	65	12:27