



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heinzeroth, Jörg

Club: Werratal Runners

Number: 915

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:34

Speed: 14.10 km/h

Running performance: 4:16 min/km

Rank in course/Total: 85 (of 686)

Rank in course/Men: 76 (of 543)

Best time in course: 29:39

Rank in category: 20(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	8:16	4:08	22	1:05	76	2:14	2.00	8:16	4:08	23	0:17	82	2:14
Runde	2.00	8:38	4:18	33	1:18	105	2:41	4.00	16:54	4:13	23		81	4:55
Runde	2.00	8:41	4:20	30	1:06	98	2:46	6.00	25:35	4:15	22	3:29	80	7:41
Runde	2.00	8:46	4:23	28	1:01	88	2:51	8.00	34:21	4:17	21	4:30	65	10:32
Leichtathletikhalle	2.00	8:13	4:06	15	0:45	62	2:23	10.00	42:34	4:15	20	5:07	76	12:55