



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Taurit, Matthias

Club: Brown Nuggets

Number: 1406

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:23

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 127 (of 686)

Rank in course/Men: 117 (of 543)

Best time in course: 29:39

Rank in category: 39(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	9:28	4:44	60	2:17	184	3:26	2.00	9:28	4:44	29	1:29	95	3:26
Runde	2.00	8:34	4:16	28	1:14	95	2:37	4.00	18:02	4:30	29	0:46	94	6:03
Runde	2.00	8:40	4:19	29	1:05	97	2:45	6.00	26:42	4:27	28	4:36	93	8:48
Runde	2.00	8:51	4:25	33	1:06	98	2:56	8.00	35:33	4:26	27	5:42	92	11:44
Leichtathletikhalle	2.00	8:50	4:25	50	1:22	138	3:00	10.00	44:23	4:26	39	6:56	117	14:44