



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Höhne, Andreas

Club: LTV Erfurt

Number: 1182

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:48

Speed: 13.70 km/h

Running performance: 4:23 min/km

Rank in course/Total: 117 (of 686)

Rank in course/Men: 108 (of 543)

Best time in course: 29:39

Rank in category: 34(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	9:30	4:45	62	2:19	188	3:28	2.00	9:30	4:45	38	1:31	112	3:28
Runde	2.00	8:33	4:16	27	1:13	94	2:36	4.00	18:03	4:30	38	0:47	111	6:04
Runde	2.00	8:35	4:17	22	1:00	81	2:40	6.00	26:38	4:26	37	4:32	107	8:44
Runde	2.00	8:40	4:19	20	0:55	77	2:45	8.00	35:18	4:24	36	5:27	103	11:29
Leichtathletikhaf	2.00	8:30	4:15	23	1:02	88	2:40	10.00	43:48	4:22	34	6:21	108	14:09