



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bergmann, Michael

Club: SV Grün Weiß Straußfurt

Number: 1045

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:31

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course/Total: 131 (of 686)

Rank in course/Men: 121 (of 543)

Best time in course: 29:39

Rank in category: 40(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	8:53	4:26	34	1:42	120	2:51	2.00	8:53	4:26	25	0:54	85	2:51	
Runde	2.00	8:43	4:21	37	1:23	117	2:46	4.00	17:36	4:24	41	0:20	117	5:37	
Runde	2.00	9:12	4:35	60	1:37	175	3:17	6.00	26:48	4:28	40	4:42	116	8:54	
Runde	2.00	9:07	4:33	49	1:22	140	3:12	8.00	35:55	4:29	39	6:04	115	12:06	
Leichtathletikhall	2.00	8:36	4:17	32	1:08	105	2:46	10.00	44:31	4:27	40	7:04	121	14:52	