



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nowak, Jens

Club: Elxleben

Number: 1298

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:11

Speed: 13.28 km/h

Running performance: 4:31 min/km

Rank in course/Total: 160 (of 686)

Rank in course/Men: 147 (of 543)

Best time in course: 29:39

Rank in category: 48(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:45	4:52	73	2:34	223	3:43	2.00	9:45	4:52	44	1:46	107	3:43
Runde	2.00	8:48	4:24	45	1:28	131	2:51	4.00	18:33	4:38	48	1:17	119	6:34
Runde	2.00	9:07	4:33	50	1:32	157	3:12	6.00	27:40	4:36	41	5:34	119	9:46
Runde	2.00	9:00	4:30	41	1:15	119	3:05	8.00	36:40	4:34	46	6:49	117	12:51
Leichtathletikhall	2.00	8:31	4:15	24	1:03	90	2:41	10.00	45:11	4:31	48	7:44	147	15:32