



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Götz, Stefan

Club: Erfurt

Number: 1364

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:15

Speed: 13.26 km/h

Running performance: 4:32 min/km

Rank in course/Total: 162 (of 686)

Rank in course/Men: 149 (of 543)

Best time in course: 29:39

Rank in category: 49(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:43	4:21	28	1:32	103	2:41	2.00	8:43	4:21	51	0:44	143	2:41
Runde	2.00	9:01	4:30	55	1:41	169	3:04	4.00	17:44	4:26	51	0:28	142	5:45
Runde	2.00	9:02	4:30	44	1:27	139	3:07	6.00	26:46	4:27	50	4:40	141	8:52
Runde	2.00	9:19	4:39	63	1:34	176	3:24	8.00	36:05	4:30	49	6:14	140	12:16
Leichtathletikhall	2.00	9:10	4:34	69	1:42	191	3:20	10.00	45:15	4:31	49	7:48	149	15:36