



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Tiller, Tobias

Club: Veitshöchheim

Number: 819

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:02

Speed: 13.03 km/h

Running performance: 4:36 min/km

Rank in course/Total: 185 (of 686)

Rank in course/Men: 169 (of 543)

Best time in course: 29:39

Rank in category: 59(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	9:33	4:46	64	2:22	194	3:31	2.00	9:33	4:46	18	1:34	66	3:31
Runde	2.00	9:04	4:31	61	1:44	175	3:07	4.00	18:37	4:39	57	1:21	163	6:38
Runde	2.00	9:10	4:34	55	1:35	169	3:15	6.00	27:47	4:37	56	5:41	162	9:53
Runde	2.00	9:13	4:36	56	1:28	159	3:18	8.00	37:00	4:37	55	7:09	161	13:11
Leichtathletikhaf	2.00	9:02	4:30	62	1:34	172	3:12	10.00	46:02	4:36	59	8:35	169	16:23