



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirchberg, Ralf

Club: LG Thüringer Energie AG

Number: 973

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:41

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 206 (of 686)

Rank in course/Men: 188 (of 543)

Best time in course: 29:39

Rank in category: 64(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 | 10:16 | 5:08 | 93 | 3:05 | 297 | 4:14 | 2.00 | 10:16 | 5:08 | 64 | 2:17 | 176 | 4:14 |
| Runde | 2.00 | 9:24 | 4:42 | 80 | 2:04 | 230 | 3:27 | 4.00 | 19:40 | 4:55 | 64 | 2:24 | 175 | 7:41 |
| Runde | 2.00 | 9:09 | 4:34 | 51 | 1:34 | 162 | 3:14 | 6.00 | 28:49 | 4:48 | 57 | 6:43 | 163 | 10:55 |
| Runde | 2.00 | 9:08 | 4:33 | 50 | 1:23 | 142 | 3:13 | 8.00 | 37:57 | 4:44 | 62 | 8:06 | 173 | 14:08 |
| Leichtathletikhaf | 2.00 | 8:44 | 4:21 | 44 | 1:16 | 124 | 2:54 | 10.00 | 46:41 | 4:40 | 64 | 9:14 | 188 | 17:02 |