



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stasulewitz, Ingo

Club: Gotha

Number: 1283

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:23

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 272 (of 686)

Rank in course/Men: 248 (of 543)

Best time in course: 29:39

Rank in category: 87(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	9:46	4:53	75	2:35	227	3:44	2.00	9:46	4:53	65	1:47	178	3:44
Runde	2.00	9:42	4:50	97	2:22	284	3:45	4.00	19:28	4:51	65	2:12	177	7:29
Runde	2.00	9:40	4:49	90	2:05	256	3:45	6.00	29:08	4:51	64	7:02	176	11:14
Runde	2.00	9:54	4:57	96	2:09	270	3:59	8.00	39:02	4:52	63	9:11	175	15:13
Leichtathletikhall	2.00	9:21	4:40	80	1:53	226	3:31	10.00	48:23	4:50	87	10:56	248	18:44