



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lösel, Joachim

Club: Erfurt

Number: 1429

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:04

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 330 (of 686)

Rank in course/Men: 299 (of 543)

Best time in course: 29:39

Rank in category: 102(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:24	5:12	100	3:13	315	4:22	2.00	10:24	5:12	71	2:25	188	4:22
Runde	2.00	9:59	4:59	110	2:39	333	4:02	4.00	20:23	5:05	71	3:07	187	8:24
Runde	2.00	10:01	5:00	108	2:26	311	4:06	6.00	30:24	5:03	70	8:18	186	12:30
Runde	2.00	10:02	5:00	103	2:17	299	4:07	8.00	40:26	5:03	69	10:35	185	16:37
Leichtathletikhalle	2.00	9:38	4:48	97	2:10	272	3:48	10.00	50:04	5:00	102	12:37	299	20:25