



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Prax, Jens

Club: Kranichborn

Number: 977

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:20

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 231 (of 686)

Rank in course/Men: 212 (of 543)

Best time in course: 29:39

Rank in category: 70(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	10:19	5:09	95	3:08	302	4:17	2.00	10:19	5:09	80	2:20	177	4:17
Runde	2.00	9:17	4:38	74	1:57	208	3:20	4.00	19:36	4:54	79	2:20	207	7:37
Runde	2.00	9:20	4:40	70	1:45	199	3:25	6.00	28:56	4:49	78	6:50	175	11:02
Runde	2.00	9:24	4:42	69	1:39	188	3:29	8.00	38:20	4:47	77	8:29	205	14:31
Leichtathletikhalle	2.00	9:00	4:30	60	1:32	168	3:10	10.00	47:20	4:44	70	9:53	212	17:41