



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stier, Thomas

Club: Ivonma Großbrüchler

Number: 824

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:49

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 409 (of 686)

Rank in course/Men: 360 (of 543)

Best time in course: 29:39

Rank in category: 117(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	11:01	5:30	126	3:50	394	4:59	2.00	11:01	5:30	83	3:02	162	4:59
Runde	2.00	10:07	5:03	119	2:47	356	4:10	4.00	21:08	5:16	82	3:52	228	9:09
Runde	2.00	10:09	5:04	110	2:34	332	4:14	6.00	31:17	5:12	81	9:11	227	13:23
Runde	2.00	10:20	5:10	116	2:35	347	4:25	8.00	41:37	5:12	80	11:46	226	17:48
Leichtathletikhäl	2.00	10:12	5:05	120	2:44	361	4:22	10.00	51:49	5:10	117	14:22	360	22:10