



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leser, Mathias

Club: Team 1434 Weißensee

Number: 914

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:24

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 428 (of 686)

Rank in course/Men: 375 (of 543)

Best time in course: 29:39

Rank in category: 122(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	11:03	5:31	129	3:52	399	5:01	2.00	11:03	5:31	61	3:04	171	5:01	
Runde	2.00	10:12	5:05	128	2:52	374	4:15	4.00	21:15	5:18	89	3:59	250	9:16	
Runde	2.00	10:14	5:06	115	2:39	349	4:19	6.00	31:29	5:14	88	9:23	249	13:35	
Runde	2.00	10:26	5:13	118	2:41	354	4:31	8.00	41:55	5:14	87	12:04	248	18:06	
Leichtathletikhah	2.00	10:29	5:14	137	3:01	407	4:39	10.00	52:24	5:14	122	14:57	375	22:45	