



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Strauß, Thomas

Club: Frankfurt/Main

Number: 877

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:22

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 463 (of 686)

Rank in course/Men: 404 (of 543)

Best time in course: 29:39

Rank in category: 135(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	11:47	5:53	164	4:36	477	5:45	2.00	11:47	5:53	92	3:48	258	5:45
Runde	2.00	10:32	5:15	141	3:12	418	4:35	4.00	22:19	5:34	91	5:03	256	10:20
Runde	2.00	10:31	5:15	133	2:56	395	4:36	6.00	32:50	5:28	90	10:44	255	14:56
Runde	2.00	10:27	5:13	120	2:42	359	4:32	8.00	43:17	5:24	89	13:26	254	19:28
Leichtathletikhalle	2.00	10:05	5:02	116	2:37	343	4:15	10.00	53:22	5:20	135	15:55	404	23:43