



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schuh, Michael

Club: Erfurt

Number: 1358

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:04

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 450 (of 686)

Rank in course/Men: 395 (of 543)

Best time in course: 29:39

Rank in category: 130(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	10:52	5:26	116	3:41	369	4:50	2.00	10:52	5:26	99	2:53	279	4:50
Runde	2.00	10:18	5:09	133	2:58	392	4:21	4.00	21:10	5:17	98	3:54	277	9:11
Runde	2.00	10:27	5:13	127	2:52	382	4:32	6.00	31:37	5:16	86	9:31	244	13:43
Runde	2.00	10:42	5:20	135	2:57	403	4:47	8.00	42:19	5:17	96	12:28	275	18:30
Leichtathletikhall	2.00	10:45	5:22	141	3:17	424	4:55	10.00	53:04	5:18	130	15:37	395	23:25