



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Daniel, Michael

Club: Erfurt
Number: 1457

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 55:35

Speed: 10.79 km/h
Running performance: 5:34 min/km

Rank in course/Total: 535 (of 686)

Rank in course/Men: 453 (of 543)

Best time in course: 29:39

Rank in category: 149(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 | 11:06 | 5:32 | 135 | 3:55 | 408 | 5:04 | 2.00 | 11:06 | 5:32 | 101 | 3:07 | 294 | 5:04 |
| Runde | 2.00 | 10:59 | 5:29 | 158 | 3:39 | 471 | 5:02 | 4.00 | 22:05 | 5:31 | 100 | 4:49 | 292 | 10:06 |
| Runde | 2.00 | 11:25 | 5:42 | 160 | 3:50 | 484 | 5:30 | 6.00 | 33:30 | 5:34 | 99 | 11:24 | 291 | 15:36 |
| Runde | 2.00 | 11:12 | 5:35 | 148 | 3:27 | 446 | 5:17 | 8.00 | 44:42 | 5:35 | 98 | 14:51 | 290 | 20:53 |
| Leichtathletikh | 2.00 | 10:53 | 5:26 | 144 | 3:25 | 437 | 5:03 | 10.00 | 55:35 | 5:33 | 149 | 18:08 | 453 | 25:56 |