



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Deutscher, Frank

Club: Siemens Generatorenwerk Erfurt
Number: 956

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:16

Speed: 11.06 km/h

Running performance: 5:26 min/km

Rank in course/Total: 499 (of 686)

Rank in course/Men: 431 (of 543)

Best time in course: 29:39

Rank in category: 143(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:04	5:01	87	2:53	268	4:02	2.00	10:04	5:01	110	2:05	211	4:02			
Runde	2.00	10:21	5:10	134	3:01	400	4:24	4.00	20:25	5:06	109	3:09	313	8:26			
Runde	2.00	10:58	5:29	146	3:23	440	5:03	6.00	31:23	5:13	108	9:17	312	13:29			
Runde	2.00	11:45	5:52	159	4:00	489	5:50	8.00	43:08	5:23	107	13:17	311	19:19			
Leichtathletikhäl	2.00	11:08	5:33	152	3:40	458	5:18	10.00	54:16	5:25	143	16:49	431	24:37			