



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sommerfeld, Andreas

Club: Erfurt
Number: 1005

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 50:00

Speed: 12.00 km/h
Running performance: 5:00 min/km

Rank in course/Total: 329 (of 686)

Rank in course/Men: 298 (of 543)

Best time in course: 29:39

Rank in category: 101(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:28	5:14	103	3:17	325	4:26	2.00	10:28	5:14	111	2:29	280	4:26
Runde	2.00	9:56	4:58	108	2:36	320	3:59	4.00	20:24	5:05	110	3:08	317	8:25
Runde	2.00	9:55	4:57	103	2:20	299	4:00	6.00	30:19	5:03	109	8:13	316	12:25
Runde	2.00	10:02	5:00	103	2:17	299	4:07	8.00	40:21	5:02	108	10:30	315	16:32
Leichtathletikhah	2.00	9:39	4:49	98	2:11	274	3:49	10.00	50:00	5:00	101	12:33	298	20:21