



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pabel, Thomas

Club: Stadtwerke Erfurt

Number: 1114

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:13

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 573 (of 686)

Rank in course/Men: 480 (of 543)

Best time in course: 29:39

Rank in category: 159(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	11:55	5:57	168	4:44	494	5:53	2.00	11:55	5:57	116	3:56	330	5:53
Runde	2.00	10:36	5:17	145	3:16	428	4:39	4.00	22:31	5:37	115	5:15	328	10:32
Runde	2.00	11:08	5:33	150	3:33	459	5:13	6.00	33:39	5:36	106	11:33	309	15:45
Runde	2.00	11:39	5:49	156	3:54	479	5:44	8.00	45:18	5:39	113	15:27	326	21:29
Leichtathletikhäl	2.00	11:55	5:57	168	4:27	510	6:05	10.00	57:13	5:43	159	19:46	480	27:34