



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Messerschmidt, Frank

Club: Erfurt
Number: 1374

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 56:10
Speed: 10.68 km/h
Running performance: 5:37 min/km
Rank in course/Total: 548 (of 686)
Rank in course/Men: 464 (of 543)
Best time in course: 29:39
Rank in category: 153(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:30	5:45	150	4:19	444	5:28	2.00	11:30	5:45	124	3:31	236	5:28
Runde	2.00	10:50	5:25	154	3:30	460	4:53	4.00	22:20	5:34	123	5:04	346	10:21
Runde	2.00	11:09	5:34	151	3:34	460	5:14	6.00	33:29	5:34	122	11:23	278	15:35
Runde	2.00	11:45	5:52	159	4:00	489	5:50	8.00	45:14	5:39	121	15:23	344	21:25
Leichtathletikh	2.00	10:56	5:28	147	3:28	442	5:06	10.00	56:10	5:36	153	18:43	464	26:31