



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sickel, Olaf

Club: Erfurt

Number: 1660

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:56

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 251 (of 686)

Rank in course/Men: 230 (of 543)

Best time in course: 29:39

Rank in category: 79(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. | Stage score | | Total ranking | | | | | | |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 10:43 | 5:21 | 113 | 3:32 | 357 | 4:41 | 2.00 | 10:43 | 5:21 | 112 | 2:44 | 320 | 4:41 |
| Runde | 2.00 | 9:32 | 4:46 | 90 | 2:12 | 260 | 3:35 | 4.00 | 20:15 | 5:03 | 125 | 2:59 | 295 | 8:16 |
| Runde | 2.00 | 9:26 | 4:43 | 75 | 1:51 | 218 | 3:31 | 6.00 | 29:41 | 4:56 | 124 | 7:35 | 190 | 11:47 |
| Runde | 2.00 | 9:19 | 4:39 | 63 | 1:34 | 176 | 3:24 | 8.00 | 39:00 | 4:52 | 123 | 9:09 | 346 | 15:11 |
| Leichtathletikhaf | 2.00 | 8:56 | 4:28 | 53 | 1:28 | 158 | 3:06 | 10.00 | 47:56 | 4:47 | 79 | 10:29 | 230 | 18:17 |