



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Feuer, Gerd

Club: Erfurt
Number: 987

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 51:10

Speed: 11.73 km/h
Running performance: 5:07 min/km

Rank in course/Total: 384 (of 686)

Rank in course/Men: 342 (of 543)

Best time in course: 29:39

Rank in category: 111(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Runde	2.00	11:04	5:31	132	3:53	405	5:02	2.00	11:04	5:31	68	3:05	183	5:02
Runde	2.00	10:08	5:03	122	2:48	359	4:11	4.00	21:12	5:17	131	3:56	385	9:13
Runde	2.00	10:08	5:03	109	2:33	328	4:13	6.00	31:20	5:13	130	9:14	257	13:26
Runde	2.00	10:15	5:07	114	2:30	340	4:20	8.00	41:35	5:11	129	11:44	250	17:46
Leichtathletikh	2.00	9:35	4:47	93	2:07	264	3:45	10.00	51:10	5:06	111	13:43	342	21:31