



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Grimm, Peter

Club: Erfurt

Number: 1155

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:00

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 448 (of 686)

Rank in course/Men: 393 (of 543)

Best time in course: 29:39

Rank in category: 128(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	11:20	5:40	140	4:09	420	5:18	2.00	11:20	5:40	134	3:21	397	5:18
Runde	2.00	10:32	5:15	141	3:12	418	4:35	4.00	21:52	5:28	133	4:36	275	9:53
Runde	2.00	10:30	5:15	132	2:55	393	4:35	6.00	32:22	5:23	132	10:16	394	14:28
Runde	2.00	10:37	5:18	132	2:52	393	4:42	8.00	42:59	5:22	131	13:08	393	19:10
Leichtathletikhall	2.00	10:01	5:00	114	2:33	334	4:11	10.00	53:00	5:17	128	15:33	393	23:21