



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Triebsees, Lars

Club: Erfurt

Number: 1156

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:34

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 400 (of 686)

Rank in course/Men: 352 (of 543)

Best time in course: 29:39

Rank in category: 115(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	10:54	5:27	118	3:43	375	4:52	2.00	10:54	5:27	100	2:55	255	4:52
Runde	2.00	10:10	5:04	125	2:50	368	4:13	4.00	21:04	5:15	97	3:48	271	9:05
Runde	2.00	10:11	5:05	112	2:36	337	4:16	6.00	31:15	5:12	141	9:09	426	13:21
Runde	2.00	10:14	5:06	113	2:29	337	4:19	8.00	41:29	5:11	140	11:38	425	17:40
Leichtathletikhall	2.00	10:05	5:02	116	2:37	343	4:15	10.00	51:34	5:09	115	14:07	352	21:55