



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scheel, Olaf

Club: Eisenacher Leichtathletik Verein
Number: 1633

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:32

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 276 (of 686)

Rank in course/Men: 250 (of 543)

Best time in course: 29:39

Rank in category: 88(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Runde	2.00	9:23	4:41	58	2:12	177	3:21	2.00	9:23	4:41	53	1:24	146	3:21
Runde	2.00	9:37	4:48	94	2:17	270	3:40	4.00	19:00	4:45	144	1:44	432	7:01
Runde	2.00	9:49	4:54	100	2:14	282	3:54	6.00	28:49	4:48	57	6:43	163	10:55
Runde	2.00	9:57	4:58	99	2:12	279	4:02	8.00	38:46	4:50	142	8:55	430	14:57
Leichtathletikhaf	2.00	9:46	4:53	102	2:18	284	3:56	10.00	48:32	4:51	88	11:05	250	18:53