



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Richter, Sven

Club: Erfurt

Number: 1777

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:26

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 313 (of 686)

Rank in course/Men: 281 (of 543)

Best time in course: 29:39

Rank in category: 96(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	11:07	5:33	136	3:56	410	5:05	2.00	11:07	5:33	148	3:08	273	5:05				
Runde	2.00	9:43	4:51	98	2:23	287	3:46	4.00	20:50	5:12	147	3:34	436	8:51				
Runde	2.00	9:35	4:47	86	2:00	244	3:40	6.00	30:25	5:04	74	8:19	194	12:31				
Runde	2.00	9:42	4:50	85	1:57	246	3:47	8.00	40:07	5:00	145	10:16	219	16:18				
Leichtathletikhaf	2.00	9:19	4:39	78	1:51	220	3:29	10.00	49:26	4:56	96	11:59	281	19:47				