



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. | 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 | 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 |