



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Morstedt, Udo

Club: LSV Neunheilingen

Number: 922

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:05

Speed: 12.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 224 (of 686)

Rank in course/Men: 205 (of 543)

Best time in course: 29:39

Rank in category: 68(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	9:12	4:35	49	2:01	155	3:10	2.00	9:12	4:35	151	1:13	363	3:10
Runde	2.00	9:22	4:41	79	2:02	223	3:25	4.00	18:34	4:38	150	1:18	440	6:35
Runde	2.00	9:33	4:46	83	1:58	237	3:38	6.00	28:07	4:41	131	6:01	391	10:13
Runde	2.00	9:37	4:48	79	1:52	231	3:42	8.00	37:44	4:43	148	7:53	159	13:55
Leichtathletikhaf	2.00	9:21	4:40	80	1:53	226	3:31	10.00	47:05	4:42	68	9:38	205	17:26