



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bechstein, Michael

Club: Sonntagsläufer Tambach-Dietharz
Number: 1245

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:38

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 601 (of 686)

Rank in course/Men: 499 (of 543)

Best time in course: 29:39

Rank in category: 166(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	11:24	5:42	142	4:13	428	5:22	2.00	11:24	5:42	95	3:25	271	5:22	
Runde	2.00	11:16	5:38	168	3:56	490	5:19	4.00	22:40	5:40	155	5:24	415	10:41	
Runde	2.00	11:44	5:51	168	4:09	500	5:49	6.00	34:24	5:44	154	12:18	469	16:30	
Runde	2.00	12:21	6:10	170	4:36	516	6:26	8.00	46:45	5:50	153	16:54	468	22:56	
Leichtathletikhall	2.00	11:53	5:56	167	4:25	507	6:03	10.00	58:38	5:51	166	21:11	499	28:59	