



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reinhardt, Jörg

Club: Gotha

Number: 825

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:33

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 557 (of 686)

Rank in course/Men: 469 (of 543)

Best time in course: 29:39

Rank in category: 156(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	11:35	5:47	153	4:24	454	5:33	2.00	11:35	5:47	161	3:36	260	5:33
Runde	2.00	11:05	5:32	162	3:45	479	5:08	4.00	22:40	5:40	155	5:24	415	10:41
Runde	2.00	11:21	5:40	159	3:46	479	5:26	6.00	34:01	5:40	159	11:55	484	16:07
Runde	2.00	11:26	5:43	153	3:41	464	5:31	8.00	45:27	5:40	124	15:36	358	21:38
Leichtathletikhaf	2.00	11:06	5:32	151	3:38	454	5:16	10.00	56:33	5:39	156	19:06	469	26:54