



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knoll, Markus

Club: KS Sportsworld

Number: 1433

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:56

Speed: 13.98 km/h

Running performance: 4:17 min/km

Rank in course/Total: 95 (of 686)

Rank in course/Men: 87 (of 543)

Best time in course: 29:39

Rank in category: 23(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 | 8:22 | 4:11 | 23 | 1:11 | 81 | 2:20 | 2.00 | 8:22 | 4:11 | 162 | 0:23 | 488 | 2:20 |
| Runde | 2.00 | 8:36 | 4:17 | 31 | 1:16 | 101 | 2:39 | 4.00 | 16:58 | 4:14 | 161 | | 69 | 4:59 |
| Runde | 2.00 | 8:43 | 4:21 | 32 | 1:08 | 103 | 2:48 | 6.00 | 25:41 | 4:16 | 160 | 3:35 | 485 | 7:47 |
| Runde | 2.00 | 8:52 | 4:26 | 34 | 1:07 | 101 | 2:57 | 8.00 | 34:33 | 4:19 | 26 | 4:42 | 90 | 10:44 |
| Leichtathletikhaf | 2.00 | 8:23 | 4:11 | 19 | 0:55 | 73 | 2:33 | 10.00 | 42:56 | 4:17 | 23 | 5:29 | 87 | 13:17 |