



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			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