



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Otto, Matthias

Club: Wartburg-Sparkasse

Number: 847

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:01:18

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 642 (of 686)

Rank in course/Men: 519 (of 543)

Best time in course: 29:39

Rank in category: 173(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	11:36	5:47	154	4:25	456	5:34	2.00	11:36	5:47	165	3:37	445	5:34
Runde	2.00	12:14	6:06	177	4:54	526	6:17	4.00	23:50	5:57	164	6:34	501	11:51
Runde	2.00	12:16	6:08	175	4:41	522	6:21	6.00	36:06	6:00	163	14:00	500	18:12
Runde	2.00	12:35	6:17	174	4:50	523	6:40	8.00	48:41	6:05	128	18:50	374	24:52
Leichtathletikhaf	2.00	12:37	6:18	171	5:09	522	6:47	10.00	1:01:18	6:07	173	23:51	519	31:39