



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Daum, Joachim

Club: Leinefelde

Number: 673

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:29

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 171 (of 686)

Rank in course/Men: 156 (of 543)

Best time in course: 29:39

Rank in category: 54(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	9:22	4:41	57	2:11	176	3:20	2.00	9:22	4:41	170	1:23	518	3:20
Runde	2.00	8:58	4:29	53	1:38	164	3:01	4.00	18:20	4:34	169	1:04	130	6:21
Runde	2.00	9:12	4:35	60	1:37	175	3:17	6.00	27:32	4:35	168	5:26	515	9:38
Runde	2.00	9:14	4:36	57	1:29	161	3:19	8.00	36:46	4:35	167	6:55	514	12:57
Leichtathletikhah	2.00	8:43	4:21	41	1:15	119	2:53	10.00	45:29	4:32	54	8:02	156	15:50