



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schwarz, René

Club: Wacker Gotha BA

Number: 1209

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:15

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 457 (of 686)

Rank in course/Men: 400 (of 543)

Best time in course: 29:39

Rank in category: 132(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	11:31	5:45	151	4:20	447	5:29	2.00	11:31	5:45	172	3:32	352	5:29
Runde	2.00	10:08	5:03	122	2:48	359	4:11	4.00	21:39	5:24	171	4:23	520	9:40
Runde	2.00	10:23	5:11	125	2:48	375	4:28	6.00	32:02	5:20	170	9:56	282	14:08
Runde	2.00	10:43	5:21	137	2:58	406	4:48	8.00	42:45	5:20	169	12:54	518	18:56
Leichtathletikhäl	2.00	10:30	5:15	138	3:02	408	4:40	10.00	53:15	5:19	132	15:48	400	23:36