



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

HOWARD, @

Club: Friedrichroda

Number: 1376

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:32

Speed: 12.62 km/h

Running performance: 4:45 min/km

Rank in course/Total: 240 (of 686)

Rank in course/Men: 219 (of 543)

Best time in course: 29:39

Rank in category: 75(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	9:59	4:59	85	2:48	258	3:57	2.00	9:59	4:59	173	2:00	370	3:57
Runde	2.00	9:13	4:36	70	1:53	196	3:16	4.00	19:12	4:47	172	1:56	524	7:13
Runde	2.00	9:30	4:45	80	1:55	228	3:35	6.00	28:42	4:46	171	6:36	358	10:48
Runde	2.00	9:43	4:51	86	1:58	248	3:48	8.00	38:25	4:48	52	8:34	155	14:36
Leichtathletikhäl	2.00	9:07	4:33	65	1:39	184	3:17	10.00	47:32	4:45	75	10:05	219	17:53