



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**oehlsen, michael**

Club: sv einheit erfurt

Number: 1041

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:48

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 539 (of 686)

Rank in course/Men: 456 (of 543)

Best time in course: 29:39

Rank in category: 150(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	10:21	5:10	97	3:10	308	4:19	2.00	10:21	5:10	174	2:22	205	4:19
Runde	2.00	10:49	5:24	153	3:29	459	4:52	4.00	21:10	5:17	98	3:54	277	9:11
Runde	2.00	11:19	5:39	158	3:44	475	5:24	6.00	32:29	5:24	172	10:23	525	14:35
Runde	2.00	11:42	5:50	157	3:57	482	5:47	8.00	44:11	5:31	171	14:20	524	20:22
Leichtathletikhall	2.00	11:37	5:48	162	4:09	491	5:47	10.00	55:48	5:34	150	18:21	456	26:09