



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schottmann, Mike

Club: Gotha

Number: 1074

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:07

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 256 (of 686)

Rank in course/Men: 232 (of 543)

Best time in course: 29:39

Rank in category: 80(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	10:34	5:16	109	3:23	343	4:32	2.00	10:34	5:16	104	2:35	269	4:32
Runde	2.00	9:14	4:36	73	1:54	199	3:17	4.00	19:48	4:57	170	2:32	518	7:49
Runde	2.00	9:20	4:40	70	1:45	199	3:25	6.00	29:08	4:51	64	7:02	176	11:14
Runde	2.00	9:28	4:44	72	1:43	201	3:33	8.00	38:36	4:49	172	8:45	528	14:47
Leichtathletikhäl	2.00	9:31	4:45	87	2:03	252	3:41	10.00	48:07	4:48	80	10:40	232	18:28