



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Espig, Marko

Club: Erfurt

Number: 1011

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:25

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 554 (of 686)

Rank in course/Men: 468 (of 543)

Best time in course: 29:39

Rank in category: 155(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	10:00	5:00	86	2:49	261	3:58	2.00	10:00	5:00	177	2:01	471	3:58
Runde	2.00	10:58	5:29	156	3:38	468	5:01	4.00	20:58	5:14	176	3:42	535	8:59
Runde	2.00	11:57	5:58	169	4:22	508	6:02	6.00	32:55	5:29	175	10:49	534	15:01
Runde	2.00	11:51	5:55	166	4:06	501	5:56	8.00	44:46	5:35	174	14:55	411	20:57
Leichtathletikhaf	2.00	11:39	5:49	165	4:11	494	5:49	10.00	56:25	5:38	155	18:58	468	26:46