



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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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
Leichtathletikh	2.00	11:39	5:49	165	4:11	494	5:49	10.00	56:25	5:38	155	18:58	468	26:46