



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Herzer, Heiko

Club: Arnstadt

Number: 1093

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:56

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 447 (of 686)

Rank in course/Men: 392 (of 543)

Best time in course: 29:39

Rank in category: 127(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	10:23	5:11	99	3:12	313	4:21	2.00	10:23	5:11	178	2:24	266	4:21
Runde	2.00	10:17	5:08	131	2:57	389	4:20	4.00	20:40	5:10	177	3:24	461	8:41
Runde	2.00	10:28	5:14	128	2:53	385	4:33	6.00	31:08	5:11	176	9:02	535	13:14
Runde	2.00	10:50	5:25	140	3:05	420	4:55	8.00	41:58	5:14	175	12:07	534	18:09
Leichtathletikhalle	2.00	10:58	5:29	149	3:30	445	5:08	10.00	52:56	5:17	127	15:29	392	23:17