



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schmidt, Marco

Club: Stadtwerke Erfurt

Number: 1117

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 38:01

Speed: 15.78 km/h

Running performance: 3:48 min/km

Rank in course/Total: 26 (of 686)

Rank in course/Men: 23 (of 543)

Best time in course: 29:39

Rank in category: 2(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	7:13	3:36	2	0:02	22	1:11	2.00	7:13	3:36	3		24	1:11
Runde	2.00	7:35	3:47	3	0:15	24	1:38	4.00	14:48	3:42	3		23	2:49
Runde	2.00	7:49	3:54	3	0:14	26	1:54	6.00	22:37	3:46	2	0:31	22	4:43
Runde	2.00	7:56	3:58	4	0:11	29	2:01	8.00	30:33	3:49	2	0:42	22	6:44
Leichtathletikh	2.00	7:28	3:44	1	-	19	1:38	10.00	38:01	3:48	2	0:34	23	8:22