



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg

Number: 965

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:01

Speed: 14.99 km/h

Running performance: 4:00 min/km

Rank in course/Total: 44 (of 686)

Rank in course/Men: 39 (of 543)

Best time in course: 29:39

Rank in category: 9(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		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:03	4:01	15	0:52	61	2:01	2.00	8:03	4:01	8	0:04	35	2:01	
Runde	2.00	7:56	3:58	8	0:36	37	1:59	4.00	15:59	3:59	8		34	4:00	
Runde	2.00	7:58	3:59	6	0:23	33	2:03	6.00	23:57	3:59	7	1:51	33	6:03	
Runde	2.00	8:06	4:02	7	0:21	36	2:11	8.00	32:03	4:00	6	2:12	32	8:14	
Leichtathletikh	2.00	7:58	3:59	10	0:30	45	2:08	10.00	40:01	4:00	9	2:34	39	10:22	