



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jost, Reiner

Club: USV Jena

Number: 1233

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: **41:11**

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 57 (of 686)

Rank in course/Men: 51 (of 543)

Best time in course: 29:39

Rank in category: 11(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	8:52	4:26	33	1:41	118	2:50	2.00	8:52	4:26	12	0:53	53	2:50	
Runde	2.00	8:08	4:03	11	0:48	47	2:11	4.00	17:00	4:15	12		52	5:01	
Runde	2.00	8:07	4:03	9	0:32	38	2:12	6.00	25:07	4:11	11	3:01	51	7:13	
Runde	2.00	8:12	4:05	9	0:27	40	2:17	8.00	33:19	4:09	10	3:28	50	9:30	
Leichtathletikh	2.00	7:52	3:55	9	0:24	38	2:02	10.00	41:11	4:07	11	3:44	51	11:32	