



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Andres, Peter

Club: Eisenacher Leichtathletik Verein

Number: 1196

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:47

Speed: 14.36 km/h

Running performance: 4:11 min/km

Rank in course/Total: 63 (of 686)

Rank in course/Men: 57 (of 543)

Best time in course: 29:39

Rank in category: 12(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	8:04	4:01	16	0:53	62	2:02	2.00	8:04	4:01	14	0:05	34	2:02	
Runde	2.00	8:12	4:05	13	0:52	52	2:15	4.00	16:16	4:03	14		59	4:17	
Runde	2.00	8:24	4:12	14	0:49	58	2:29	6.00	24:40	4:06	13	2:34	58	6:46	
Runde	2.00	8:35	4:17	16	0:50	69	2:40	8.00	33:15	4:09	12	3:24	57	9:26	
Leichtathletikhall	2.00	8:32	4:15	25	1:04	93	2:42	10.00	41:47	4:10	12	4:20	57	12:08	