



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jarausch, Hagen

Club: ASV Erfurt

Number: 1157

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:23

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 79 (of 686)

Rank in course/Men: 71 (of 543)

Best time in course: 29:39

Rank in category: 18(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	7:57	3:58	11	0:46	50	1:55	2.00	7:57	3:58	15		62	1:55
Runde	2.00	8:19	4:09	16	0:59	64	2:22	4.00	16:16	4:03	14		59	4:17
Runde	2.00	8:37	4:18	27	1:02	90	2:42	6.00	24:53	4:08	14	2:47	60	6:59
Runde	2.00	8:47	4:23	30	1:02	91	2:52	8.00	33:40	4:12	13	3:49	59	9:51
Leichtathletikh	2.00	8:43	4:21	41	1:15	119	2:53	10.00	42:23	4:14	18	4:56	71	12:44