



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Löber, Heiko

Club: Eisenacher LV

Number: 1240

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: 64 (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	8:05	4:02	17	0:54	65	2:03	2.00	8:05	4:02	17	0:06	64	2:03	
Runde	2.00	8:09	4:04	12	0:49	49	2:12	4.00	16:14	4:03	17		63	4:15	
Runde	2.00	8:25	4:12	15	0:50	62	2:30	6.00	24:39	4:06	16	2:33	62	6:45	
Runde	2.00	8:36	4:17	19	0:51	72	2:41	8.00	33:15	4:09	12	3:24	57	9:26	
Leichtathletikhaf	2.00	8:32	4:15	25	1:04	93	2:42	10.00	41:47	4:10	12	4:20	57	12:08	