



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Winter, Jens

Club: TSV Gera-Zwötzen e.V.

Number: 1647

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:18

Speed: 14.18 km/h

Running performance: 4:14 min/km

Rank in course/Total: 78 (of 686)

Rank in course/Men: 70 (of 543)

Best time in course: 29:39

Rank in category: 17(of 178)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | Total ranking |  |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Runde             | 2.00        | 8:07          | 4:03            | 18          | 0:56           | 66          | 2:05          | 2.00        | 8:07          | 4:03            | 19          | 0:08           | 75         | 2:05          |  |
| Runde             | 2.00        | 8:27          | 4:13            | 20          | 1:07           | 80          | 2:30          | 4.00        | 16:34         | 4:08            | 19          |                | 74         | 4:35          |  |
| Runde             | 2.00        | 8:35          | 4:17            | 22          | 1:00           | 81          | 2:40          | 6.00        | 25:09         | 4:11            | 18          | 3:03           | 73         | 7:15          |  |
| Runde             | 2.00        | 8:35          | 4:17            | 16          | 0:50           | 69          | 2:40          | 8.00        | 33:44         | 4:13            | 17          | 3:53           | 72         | 9:55          |  |
| Leichtathletikhaf | 2.00        | 8:34          | 4:16            | 28          | 1:06           | 98          | 2:44          | 10.00       | 42:18         | 4:13            | 17          | 4:51           | 70         | 12:39         |  |