



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bürger, Thomas

Club: Hörselberg-Hainich

Number: 1386

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:13

Speed: 14.21 km/h

Running performance: 4:13 min/km

Rank in course/Total: 75 (of 686)

Rank in course/Men: 68 (of 543)

Best time in course: 29:39

Rank in category: 16(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	7:52	3:55	10	0:41	45	1:50	2.00	7:52	3:55	20		43	1:50
Runde	2.00	8:16	4:08	14	0:56	59	2:19	4.00	16:08	4:01	20		77	4:09
Runde	2.00	8:33	4:16	19	0:58	77	2:38	6.00	24:41	4:06	19	2:35	76	6:47
Runde	2.00	8:47	4:23	30	1:02	91	2:52	8.00	33:28	4:11	18	3:37	48	9:39
Leichtathletikh	2.00	8:45	4:22	46	1:17	126	2:55	10.00	42:13	4:13	16	4:46	68	12:34