



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstedt

Number: 1331

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:08

Speed: 13.91 km/h

Running performance: 4:19 min/km

Rank in course/Total: 100 (of 686)

Rank in course/Men: 91 (of 543)

Best time in course: 29:39

Rank in category: 25(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:13	4:36	50	2:02	157	3:11	2.00	9:13	4:36	24	1:14	84	3:11
Runde	2.00	8:35	4:17	30	1:15	98	2:38	4.00	17:48	4:27	24	0:32	83	5:49
Runde	2.00	8:34	4:16	21	0:59	79	2:39	6.00	26:22	4:23	23	4:16	82	8:28
Runde	2.00	8:35	4:17	16	0:50	69	2:40	8.00	34:57	4:22	22	5:06	81	11:08
Leichtathletikhäl	2.00	8:11	4:05	14	0:43	58	2:21	10.00	43:08	4:18	25	5:41	91	13:29