



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sparbrod, Jörg

Club: Erfurt
Number: 1488

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 42:52

Speed: 14.00 km/h
Running performance: 4:17 min/km

Rank in course/Total: 93 (of 686)

Rank in course/Men: 85 (of 543)

Best time in course: 29:39

Rank in category: 22(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	8:39	4:19	26	1:28	94	2:37	2.00	8:39	4:19	27	0:40	79	2:37
Runde	2.00	8:38	4:18	33	1:18	105	2:41	4.00	17:17	4:19	27	0:01	89	5:18
Runde	2.00	8:29	4:14	17	0:54	68	2:34	6.00	25:46	4:17	26	3:40	88	7:52
Runde	2.00	8:29	4:14	14	0:44	61	2:34	8.00	34:15	4:16	25	4:24	87	10:26
Leichtathletikhall	2.00	8:37	4:18	34	1:09	107	2:47	10.00	42:52	4:17	22	5:25	85	13:13