



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Artes, Peter

Club: Erfurt

Number: 1217

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:09

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 102 (of 686)

Rank in course/Men: 92 (of 543)

Best time in course: 29:39

Rank in category: 26(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	8:54	4:27	38	1:43	125	2:52	2.00	8:54	4:27	28	0:55	59	2:52
Runde	2.00	8:21	4:10	18	1:01	68	2:24	4.00	17:15	4:18	28		85	5:16
Runde	2.00	8:37	4:18	27	1:02	90	2:42	6.00	25:52	4:18	27	3:46	91	7:58
Runde	2.00	8:41	4:20	21	0:56	79	2:46	8.00	34:33	4:19	26	4:42	90	10:44
Leichtathletikhall	2.00	8:36	4:17	32	1:08	105	2:46	10.00	43:09	4:18	26	5:42	92	13:30