



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lenk, Matthias

Club: Lauffreunde Lossatal

Number: 1227

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:34

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 113 (of 686)

Rank in course/Men: 103 (of 543)

Best time in course: 29:39

Rank in category: 30(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	8:53	4:26	34	1:42	120	2:51	2.00	8:53	4:26	25	0:54	85	2:51	
Runde	2.00	8:42	4:20	35	1:22	114	2:45	4.00	17:35	4:23	25	0:19	84	5:36	
Runde	2.00	8:44	4:21	34	1:09	106	2:49	6.00	26:19	4:23	24	4:13	83	8:25	
Runde	2.00	8:41	4:20	21	0:56	79	2:46	8.00	35:00	4:22	23	5:09	82	11:11	
Leichtathletikhaf	2.00	8:34	4:16	28	1:06	98	2:44	10.00	43:34	4:21	30	6:07	103	13:55	