



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Simon, Sven

Club: Klettbach

Number: 1204

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:52

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 144 (of 686)

Rank in course/Men: 134 (of 543)

Best time in course: 29:39

Rank in category: 46(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	9:18	4:39	53	2:07	165	3:16	2.00	9:18	4:39	33	1:19	99	3:16	
Runde	2.00	8:46	4:23	42	1:26	126	2:49	4.00	18:04	4:30	40	0:48	116	6:05	
Runde	2.00	9:02	4:30	44	1:27	139	3:07	6.00	27:06	4:30	39	5:00	115	9:12	
Runde	2.00	9:09	4:34	51	1:24	145	3:14	8.00	36:15	4:31	38	6:24	114	12:26	
Leichtathletikhall	2.00	8:37	4:18	34	1:09	107	2:47	10.00	44:52	4:29	46	7:25	134	15:13	