



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kuppermann, Jörg

Club: SSV EF 02

Number: 821

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:22

Speed: 13.23 km/h

Running performance: 4:32 min/km

Rank in course/Total: 165 (of 686)

Rank in course/Men: 151 (of 543)

Best time in course: 29:39

Rank in category: 51(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:45	4:52	73	2:34	223	3:43	2.00	9:45	4:52	44	1:46	107	3:43
Runde	2.00	8:53	4:26	49	1:33	153	2:56	4.00	18:38	4:39	44	1:22	124	6:39
Runde	2.00	9:02	4:30	44	1:27	139	3:07	6.00	27:40	4:36	41	5:34	119	9:46
Runde	2.00	9:02	4:30	44	1:17	124	3:07	8.00	36:42	4:35	40	6:51	118	12:53
Leichtathletikhaf	2.00	8:40	4:19	38	1:12	113	2:50	10.00	45:22	4:32	51	7:55	151	15:43