



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Fischer, André

Club: Zella-Mehlis

Number: 931

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:33

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 176 (of 686)

Rank in course/Men: 161 (of 543)

Best time in course: 29:39

Rank in category: 56(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 ranking						
						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	9:08	4:33	65	1:48	187	3:11	4.00	18:01	4:30	45	0:45	126	6:02
Runde	2.00	9:15	4:37	63	1:40	182	3:20	6.00	27:16	4:32	44	5:10	125	9:22
Runde	2.00	9:21	4:40	65	1:36	181	3:26	8.00	36:37	4:34	43	6:46	124	12:48
Leichtathletikhäl	2.00	8:56	4:28	53	1:28	158	3:06	10.00	45:33	4:33	56	8:06	161	15:54