



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kölsch, Wolfgang

Club: Erfurt
Number: 846

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 44:31

Speed: 13.48 km/h
Running performance: 4:27 min/km

Rank in course/Total: 132 (of 686)

Rank in course/Men: 121 (of 543)

Best time in course: 29:39

Rank in category: 40(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:09	4:34	47	1:58	149	3:07	2.00	9:09	4:34	50	1:10	138	3:07
Runde	2.00	8:50	4:25	46	1:30	138	2:53	4.00	17:59	4:29	39	0:43	112	6:00
Runde	2.00	8:51	4:25	39	1:16	118	2:56	6.00	26:50	4:28	49	4:44	136	8:56
Runde	2.00	9:02	4:30	44	1:17	124	3:07	8.00	35:52	4:29	48	6:01	135	12:03
Leichtathletikhäl	2.00	8:39	4:19	37	1:11	110	2:49	10.00	44:31	4:27	40	7:04	121	14:52