



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Richardt, Torsten

Club: TSV Alperstedt

Number: 1561

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:28

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 170 (of 686)

Rank in course/Men: 154 (of 543)

Best time in course: 29:39

Rank in category: 53(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	9:23	4:41	58	2:12	177	3:21	2.00	9:23	4:41	53	1:24	146	3:21	
Runde	2.00	8:53	4:26	49	1:33	153	2:56	4.00	18:16	4:33	53	1:00	145	6:17	
Runde	2.00	8:59	4:29	43	1:24	134	3:04	6.00	27:15	4:32	52	5:09	144	9:21	
Runde	2.00	9:12	4:35	53	1:27	151	3:17	8.00	36:27	4:33	51	6:36	143	12:38	
Leichtathletikhall	2.00	9:01	4:30	61	1:33	169	3:11	10.00	45:28	4:32	53	8:01	154	15:49	