



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hartmann, Alexander

Club: Spielmannszug der Stadt Bad Langensalza
Number: 1476

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:19

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 266 (of 686)

Rank in course/Men: 241 (of 543)

Best time in course: 29:39

Rank in category: 84(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	9:19	4:39	56	2:08	170	3:17	2.00	9:19	4:39	54	1:20	119	3:17
Runde	2.00	9:36	4:47	92	2:16	265	3:39	4.00	18:55	4:43	54	1:39	157	6:56
Runde	2.00	9:37	4:48	87	2:02	247	3:42	6.00	28:32	4:45	53	6:26	156	10:38
Runde	2.00	9:53	4:56	95	2:08	266	3:58	8.00	38:25	4:48	52	8:34	155	14:36
Leichtathletikh	2.00	9:54	4:57	107	2:26	315	4:04	10.00	48:19	4:49	84	10:52	241	18:40