



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mücke, Matthias

Club: SSV Erfurt 02

Number: 1246

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:31

Speed: 12.63 km/h

Running performance: 4:45 min/km

Rank in course/Total: 238 (of 686)

Rank in course/Men: 218 (of 543)

Best time in course: 29:39

Rank in category: 74(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:53	4:56	80	2:42	243	3:51	2.00	9:53	4:56	55	1:54	160	3:51
Runde	2.00	9:12	4:35	69	1:52	194	3:15	4.00	19:05	4:46	55	1:49	159	7:06
Runde	2.00	9:29	4:44	78	1:54	224	3:34	6.00	28:34	4:45	54	6:28	158	10:40
Runde	2.00	9:40	4:49	82	1:55	241	3:45	8.00	38:14	4:46	53	8:23	157	14:25
Leichtathletikhalle	2.00	9:17	4:38	74	1:49	213	3:27	10.00	47:31	4:45	74	10:04	218	17:52