



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 1004

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:18

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 262 (of 686)

Rank in course/Men: 238 (of 543)

Best time in course: 29:39

Rank in category: 83(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	11:00	5:30	122	3:49	388	4:58	2.00	11:00	5:30	56	3:01	163	4:58				
Runde	2.00	9:35	4:47	91	2:15	264	3:38	4.00	20:35	5:08	56	3:19	162	8:36				
Runde	2.00	9:16	4:38	65	1:41	185	3:21	6.00	29:51	4:58	55	7:45	161	11:57				
Runde	2.00	9:18	4:39	62	1:33	174	3:23	8.00	39:09	4:53	54	9:18	160	15:20				
Leichtathletikhah	2.00	9:09	4:34	68	1:41	190	3:19	10.00	48:18	4:49	83	10:51	238	18:39				