



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Raddatz, Daniel

Club: TB Wülfrath Basketball

Number: 1371

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:23

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 233 (of 686)

Rank in course/Men: 214 (of 543)

Best time in course: 29:39

Rank in category: 72(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:50	4:55	78	2:39	239	3:48	2.00	9:50	4:55	58	1:51	165	3:48
Runde	2.00	9:30	4:45	88	2:10	250	3:33	4.00	19:20	4:49	58	2:04	164	7:21
Runde	2.00	9:29	4:44	78	1:54	224	3:34	6.00	28:49	4:48	57	6:43	163	10:55
Runde	2.00	9:35	4:47	76	1:50	222	3:40	8.00	38:24	4:47	56	8:33	162	14:35
Leichtathletikhaf	2.00	8:59	4:29	58	1:31	165	3:09	10.00	47:23	4:44	72	9:56	214	17:44