



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Oschmann, Marc

Club: Erfurt
Number: 996

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 47:22

Speed: 12.67 km/h
Running performance: 4:44 min/km

Rank in course/Total: 232 (of 686)

Rank in course/Men: 213 (of 543)

Best time in course: 29:39

Rank in category: 71(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	11:03	5:31	129	3:52	399	5:01	2.00	11:03	5:31	61	3:04	171	5:01
Runde	2.00	9:39	4:49	95	2:19	278	3:42	4.00	20:42	5:10	61	3:26	170	8:43
Runde	2.00	9:14	4:36	62	1:39	178	3:19	6.00	29:56	4:59	60	7:50	169	12:02
Runde	2.00	8:54	4:27	36	1:09	106	2:59	8.00	38:50	4:51	59	8:59	168	15:01
Leichtathletikhall	2.00	8:32	4:15	25	1:04	93	2:42	10.00	47:22	4:44	71	9:55	213	17:43