



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Friedrich, Karsten

Club: Bonn

Number: 857

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 260 (of 686)

Rank in course/Men: 236 (of 543)

Best time in course: 29:39

Rank in category: 81(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	9:53	4:56	80	2:42	243	3:51	2.00	9:53	4:56	55	1:54	160	3:51
Runde	2.00	9:13	4:36	70	1:53	196	3:16	4.00	19:06	4:46	62	1:50	172	7:07
Runde	2.00	9:34	4:46	84	1:59	239	3:39	6.00	28:40	4:46	61	6:34	171	10:46
Runde	2.00	9:41	4:50	83	1:56	243	3:46	8.00	38:21	4:47	60	8:30	170	14:32
Leichtathletikhaf	2.00	9:56	4:58	108	2:28	318	4:06	10.00	48:17	4:49	81	10:50	236	18:38