



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirchberg, Ralf

Club: LG Thüringer Energie AG

Number: 973

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:41

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 206 (of 686)

Rank in course/Men: 188 (of 543)

Best time in course: 29:39

Rank in category: 64(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	10:16	5:08	93	3:05	297	4:14	2.00	10:16	5:08	64	2:17	176	4:14
Runde	2.00	9:24	4:42	80	2:04	230	3:27	4.00	19:40	4:55	64	2:24	175	7:41
Runde	2.00	9:09	4:34	51	1:34	162	3:14	6.00	28:49	4:48	57	6:43	163	10:55
Runde	2.00	9:08	4:33	50	1:23	142	3:13	8.00	37:57	4:44	62	8:06	173	14:08
Leichtathletikhaf	2.00	8:44	4:21	44	1:16	124	2:54	10.00	46:41	4:40	64	9:14	188	17:02