



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fischer, Marco

Club: LFV Oberholz

Number: 1442

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:47

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 141 (of 686)

Rank in course/Men: 130 (of 543)

Best time in course: 29:39

Rank in category: 44(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	8:55	4:27	39	1:44	130	2:53	2.00	8:55	4:27	6	0:56	32	2:53
Runde	2.00	9:01	4:30	55	1:41	169	3:04	4.00	17:56	4:29	66	0:40	180	5:57
Runde	2.00	9:02	4:30	44	1:27	139	3:07	6.00	26:58	4:29	65	4:52	179	9:04
Runde	2.00	9:03	4:31	48	1:18	129	3:08	8.00	36:01	4:30	64	6:10	88	12:12
Leichtathletikhall	2.00	8:46	4:23	48	1:18	128	2:56	10.00	44:47	4:28	44	7:20	130	15:08