



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gries, Karsten

Club: Gipfelstürmer Sömmerda
Number: 1167

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:05

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 122 (of 686)

Rank in course/Men: 113 (of 543)

Best time in course: 29:39

Rank in category: 37(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	8:56	4:28	42	1:45	134	2:54	2.00	8:56	4:28	67	0:57	108	2:54				
Runde	2.00	8:43	4:21	37	1:23	117	2:46	4.00	17:39	4:24	67	0:23	93	5:40				
Runde	2.00	8:44	4:21	34	1:09	106	2:49	6.00	26:23	4:23	66	4:17	157	8:29				
Runde	2.00	8:53	4:26	35	1:08	105	2:58	8.00	35:16	4:24	65	5:25	179	11:27				
Leichtathletikhäl	2.00	8:49	4:24	49	1:21	132	2:59	10.00	44:05	4:24	37	6:38	113	14:26				