



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Paulik, Thomas

Club: Erfurt
Number: 826

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 47:49

Speed: 12.55 km/h
Running performance: 4:47 min/km

Rank in course/Total: 249 (of 686)

Rank in course/Men: 228 (of 543)

Best time in course: 29:39

Rank in category: 78(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:57	4:28	43	1:46	137	2:55	2.00	8:57	4:28	36	0:58	110	2:55
Runde	2.00	9:07	4:33	62	1:47	182	3:10	4.00	18:04	4:30	40	0:48	116	6:05
Runde	2.00	9:38	4:48	88	2:03	251	3:43	6.00	27:42	4:36	68	5:36	182	9:48
Runde	2.00	10:06	5:02	108	2:21	313	4:11	8.00	37:48	4:43	67	7:57	181	13:59
Leichtathletikhall	2.00	10:01	5:00	114	2:33	334	4:11	10.00	47:49	4:46	78	10:22	228	18:10