



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jentsch, Andre

Club: Auma-Weidatal

Number: 1473

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:57

Speed: 12.26 km/h

Running performance: 4:53 min/km

Rank in course/Total: 287 (of 686)

Rank in course/Men: 260 (of 543)

Best time in course: 29:39

Rank in category: 91(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	11:34	5:46	152	4:23	452	5:32	2.00	11:34	5:46	72	3:35	190	5:32
Runde	2.00	9:25	4:42	83	2:05	233	3:28	4.00	20:59	5:14	72	3:43	189	9:00
Runde	2.00	9:21	4:40	74	1:46	203	3:26	6.00	30:20	5:03	71	8:14	188	12:26
Runde	2.00	9:24	4:42	69	1:39	188	3:29	8.00	39:44	4:58	70	9:53	187	15:55
Leichtathletikhaf	2.00	9:13	4:36	72	1:45	203	3:23	10.00	48:57	4:53	91	11:30	260	19:18