



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

ten Doornkaat Koolman, Jan

Club: Wir tun es Laufend

Number: 1643

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:59

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 289 (of 686)

Rank in course/Men: 262 (of 543)

Best time in course: 29:39

Rank in category: 92(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	9:39	4:49	69	2:28	202	3:37	2.00	9:39	4:49	73	1:40	153	3:37	
Runde	2.00	9:48	4:54	101	2:28	299	3:51	4.00	19:27	4:51	73	2:11	192	7:28	
Runde	2.00	9:50	4:55	101	2:15	288	3:55	6.00	29:17	4:52	72	7:11	191	11:23	
Runde	2.00	9:51	4:55	92	2:06	263	3:56	8.00	39:08	4:53	71	9:17	190	15:19	
Leichtathletikhaf	2.00	9:51	4:55	106	2:23	307	4:01	10.00	48:59	4:53	92	11:32	262	19:20	