



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Amstein, Thomas

Club: Wahns

Number: 928

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:34

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 318 (of 686)

Rank in course/Men: 287 (of 543)

Best time in course: 29:39

Rank in category: 98(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	9:30	4:45	62	2:19	188	3:28	2.00	9:30	4:45	38	1:31	112	3:28
Runde	2.00	10:05	5:02	116	2:45	349	4:08	4.00	19:35	4:53	78	2:19	206	7:36
Runde	2.00	10:13	5:06	114	2:38	346	4:18	6.00	29:48	4:58	77	7:42	205	11:54
Runde	2.00	10:05	5:02	106	2:20	307	4:10	8.00	39:53	4:59	76	10:02	204	16:04
Leichtathletikhall	2.00	9:41	4:50	100	2:13	278	3:51	10.00	49:34	4:57	98	12:07	287	19:55