



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Held, Thoralf

Club: SSV 02

Number: 1138

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:25

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 308 (of 686)

Rank in course/Men: 278 (of 543)

Best time in course: 29:39

Rank in category: 95(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	10:33	5:16	108	3:22	339	4:31	2.00	10:33	5:16	82	2:34	217	4:31
Runde	2.00	9:55	4:57	106	2:35	316	3:58	4.00	20:28	5:06	81	3:12	215	8:29
Runde	2.00	9:46	4:53	97	2:11	273	3:51	6.00	30:14	5:02	80	8:08	214	12:20
Runde	2.00	9:52	4:56	93	2:07	264	3:57	8.00	40:06	5:00	79	10:15	213	16:17
Leichtathletikhall	2.00	9:19	4:39	78	1:51	220	3:29	10.00	49:25	4:56	95	11:58	278	19:46