



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hesse, Ingo

Club: TSV Alperstedt

Number: 1556

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:30

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 399 (of 686)

Rank in course/Men: 351 (of 543)

Best time in course: 29:39

Rank in category: 114(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	10:09	5:04	91	2:58	286	4:07	2.00	10:09	5:04	89	2:10	222	4:07
Runde	2.00	9:54	4:57	105	2:34	314	3:57	4.00	20:03	5:00	88	2:47	248	8:04
Runde	2.00	10:19	5:09	122	2:44	366	4:24	6.00	30:22	5:03	87	8:16	247	12:28
Runde	2.00	10:32	5:15	124	2:47	376	4:37	8.00	40:54	5:06	86	11:03	246	17:05
Leichtathletikhall	2.00	10:36	5:17	140	3:08	414	4:46	10.00	51:30	5:09	114	14:03	351	21:51