



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Unger, Christian**

Club: Erfurt  
Number: 995

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M40 (40-49 Jahre)

Total time: 53:19

Speed: 11.25 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 460 (of 686)

Rank in course/Men: 402 (of 543)

Best time in course: 29:39

Rank in category: 134(of 178)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:03	5:31	129	3:52	399	5:01	2.00	11:03	5:31	61	3:04	171	5:01
Runde	2.00	10:17	5:08	131	2:57	389	4:20	4.00	21:20	5:19	90	4:04	254	9:21
Runde	2.00	10:48	5:24	142	3:13	423	4:53	6.00	32:08	5:21	89	10:02	253	14:14
Runde	2.00	10:55	5:27	141	3:10	424	5:00	8.00	43:03	5:22	88	13:12	252	19:14
Leichtathletikhall	2.00	10:16	5:08	122	2:48	368	4:26	10.00	53:19	5:19	134	15:52	402	23:40