



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pausch, Enrico

Club: Erfurt
Number: 1343

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 53:18
Speed: 11.26 km/h
Running performance: 5:20 min/km
Rank in course/Total: 459 (of 686)
Rank in course/Men: 401 (of 543)
Best time in course: 29:39
Rank in category: 133(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	11:51	5:55	167	4:40	489	5:49	2.00	11:51	5:55	93	3:52	264	5:49
Runde	2.00	10:44	5:21	149	3:24	450	4:47	4.00	22:35	5:38	92	5:19	262	10:36
Runde	2.00	10:33	5:16	135	2:58	400	4:38	6.00	33:08	5:31	91	11:02	261	15:14
Runde	2.00	10:23	5:11	117	2:38	352	4:28	8.00	43:31	5:26	90	13:40	260	19:42
Leichtathletikhall	2.00	9:47	4:53	103	2:19	290	3:57	10.00	53:18	5:19	133	15:51	401	23:39