



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zech, Roger

Club: LTZ Greußen

Number: 1152

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:33

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 438 (of 686)

Rank in course/Men: 383 (of 543)

Best time in course: 29:39

Rank in category: 125(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	11:24	5:42	142	4:13	428	5:22	2.00	11:24	5:42	95	3:25	271	5:22
Runde	2.00	10:03	5:01	112	2:43	340	4:06	4.00	21:27	5:21	83	4:11	231	9:28
Runde	2.00	10:15	5:07	117	2:40	354	4:20	6.00	31:42	5:16	93	9:36	268	13:48
Runde	2.00	10:27	5:13	120	2:42	359	4:32	8.00	42:09	5:16	92	12:18	267	18:20
Leichtathletikhaf	2.00	10:24	5:12	129	2:56	392	4:34	10.00	52:33	5:15	125	15:06	383	22:54