



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pfeifer, Matthias

Club: Neuhaus/RWG

Number: 1215

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:51

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 286 (of 686)

Rank in course/Men: 259 (of 543)

Best time in course: 29:39

Rank in category: 90(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	10:08	5:03	90	2:57	278	4:06	2.00	10:08	5:03	96	2:09	207	4:06
Runde	2.00	9:28	4:44	86	2:08	244	3:31	4.00	19:36	4:54	79	2:20	207	7:37
Runde	2.00	9:44	4:51	93	2:09	264	3:49	6.00	29:20	4:53	94	7:14	269	11:26
Runde	2.00	9:52	4:56	93	2:07	264	3:57	8.00	39:12	4:54	93	9:21	268	15:23
Leichtathletikhaf	2.00	9:39	4:49	98	2:11	274	3:49	10.00	48:51	4:53	90	11:24	259	19:12