



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hammer, Norbert

Club: Erfurt
Number: 884

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 52:24

Speed: 11.45 km/h
Running performance: 5:14 min/km

Rank in course/Total: 430 (of 686)

Rank in course/Men: 375 (of 543)

Best time in course: 29:39

Rank in category: 122(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	11:58	5:59	171	4:47	502	5:56	2.00	11:58	5:59	97	3:59	274	5:56	
Runde	2.00	10:39	5:19	147	3:19	438	4:42	4.00	22:37	5:39	96	5:21	272	10:38	
Runde	2.00	10:34	5:16	137	2:59	405	4:39	6.00	33:11	5:31	95	11:05	271	15:17	
Runde	2.00	9:29	4:44	73	1:44	205	3:34	8.00	42:40	5:19	94	12:49	232	18:51	
Leichtathletikhaf	2.00	9:44	4:51	101	2:16	282	3:54	10.00	52:24	5:14	122	14:57	375	22:45	