



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

neumann, lars

Club: ANNAKRAM e.V.

Number: 1628

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:01

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 416 (of 686)

Rank in course/Men: 367 (of 543)

Best time in course: 29:39

Rank in category: 119(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total ranking					
	km	Time			min/km	Cat.			Men	Men	Total km	Total Time	Total min/km	Pos
Runde	2.00	10:57	5:28	120	3:46	382	4:55	2.00	10:57	5:28	98	2:58	276	4:55
Runde	2.00	10:07	5:03	119	2:47	356	4:10	4.00	21:04	5:15	97	3:48	271	9:05
Runde	2.00	10:25	5:12	126	2:50	380	4:30	6.00	31:29	5:14	88	9:23	249	13:35
Runde	2.00	10:33	5:16	127	2:48	381	4:38	8.00	42:02	5:15	95	12:11	272	18:13
Leichtathletikhaf	2.00	9:59	4:59	113	2:31	328	4:09	10.00	52:01	5:12	119	14:34	367	22:22