



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Daniel, Michael

Club: Erfurt

Number: 1457

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:35

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 535 (of 686)

Rank in course/Men: 453 (of 543)

Best time in course: 29:39

Rank in category: 149(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	11:06	5:32	135	3:55	408	5:04	2.00	11:06	5:32	101	3:07	294	5:04
Runde	2.00	10:59	5:29	158	3:39	471	5:02	4.00	22:05	5:31	100	4:49	292	10:06
Runde	2.00	11:25	5:42	160	3:50	484	5:30	6.00	33:30	5:34	99	11:24	291	15:36
Runde	2.00	11:12	5:35	148	3:27	446	5:17	8.00	44:42	5:35	98	14:51	290	20:53
Leichtathletikh	2.00	10:53	5:26	144	3:25	437	5:03	10.00	55:35	5:33	149	18:08	453	25:56