



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Janke, Claus

Club: Erfurt

Number: 1006

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:12

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 494 (of 686)

Rank in course/Men: 429 (of 543)

Best time in course: 29:39

Rank in category: 141(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	11:43	5:51	160	4:32	468	5:41	2.00	11:43	5:51	102	3:44	286	5:41
Runde	2.00	10:44	5:21	149	3:24	450	4:47	4.00	22:27	5:36	101	5:11	281	10:28
Runde	2.00	10:49	5:24	143	3:14	427	4:54	6.00	33:16	5:32	100	11:10	292	15:22
Runde	2.00	10:35	5:17	131	2:50	389	4:40	8.00	43:51	5:28	99	14:00	291	20:02
Leichtathletikhall	2.00	10:21	5:10	126	2:53	386	4:31	10.00	54:12	5:25	141	16:45	429	24:33