



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knabe, Ingo

Club: Martinroda

Number: 1280

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:24

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 465 (of 686)

Rank in course/Men: 406 (of 543)

Best time in course: 29:39

Rank in category: 136(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:27	5:43	145	4:16	433	5:25	2.00	11:27	5:43	103	3:28	243	5:25
Runde	2.00	10:04	5:01	115	2:44	344	4:07	4.00	21:31	5:22	102	4:15	294	9:32
Runde	2.00	10:29	5:14	130	2:54	390	4:34	6.00	32:00	5:19	101	9:54	293	14:06
Runde	2.00	10:39	5:19	133	2:54	399	4:44	8.00	42:39	5:19	100	12:48	292	18:50
Leichtathletikhall	2.00	10:45	5:22	141	3:17	424	4:55	10.00	53:24	5:20	136	15:57	406	23:45