



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sommerfeld, Andreas

Club: Erfurt

Number: 1005

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 329 (of 686)

Rank in course/Men: 298 (of 543)

Best time in course: 29:39

Rank in category: 101(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:28	5:14	103	3:17	325	4:26	2.00	10:28	5:14	111	2:29	280	4:26	
Runde	2.00	9:56	4:58	108	2:36	320	3:59	4.00	20:24	5:05	110	3:08	317	8:25	
Runde	2.00	9:55	4:57	103	2:20	299	4:00	6.00	30:19	5:03	109	8:13	316	12:25	
Runde	2.00	10:02	5:00	103	2:17	299	4:07	8.00	40:21	5:02	108	10:30	315	16:32	
Leichtathletikhaf	2.00	9:39	4:49	98	2:11	274	3:49	10.00	50:00	5:00	101	12:33	298	20:21	