



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kroschel, Ralf-Peter

Club: Erfurt
Number: 1185

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 53:44

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 476 (of 686)

Rank in course/Men: 416 (of 543)

Best time in course: 29:39

Rank in category: 138(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	10:43	5:21	113	3:32	357	4:41	2.00	10:43	5:21	112	2:44	320	4:41	
Runde	2.00	10:33	5:16	144	3:13	422	4:36	4.00	21:16	5:18	106	4:00	305	9:17	
Runde	2.00	10:42	5:20	140	3:07	415	4:47	6.00	31:58	5:19	110	9:52	317	14:04	
Runde	2.00	10:55	5:27	141	3:10	424	5:00	8.00	42:53	5:21	109	13:02	316	19:04	
Leichtathletikhall	2.00	10:51	5:25	143	3:23	435	5:01	10.00	53:44	5:22	138	16:17	416	24:05	