



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Herrmann, Michael

Club: Stadtwerke Erfurt

Number: 1115

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:35

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 440 (of 686)

Rank in course/Men: 385 (of 543)

Best time in course: 29:39

Rank in category: 126(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	11:24	5:42	142	4:13	428	5:22	2.00	11:24	5:42	95	3:25	271	5:22
Runde	2.00	10:03	5:01	112	2:43	340	4:06	4.00	21:27	5:21	83	4:11	231	9:28
Runde	2.00	10:16	5:08	119	2:41	356	4:21	6.00	31:43	5:17	120	9:37	342	13:49
Runde	2.00	10:26	5:13	118	2:41	354	4:31	8.00	42:09	5:16	92	12:18	267	18:20
Leichtathletikhall	2.00	10:26	5:13	133	2:58	400	4:36	10.00	52:35	5:15	126	15:08	385	22:56