



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Sickel, Olaf

Club: Erfurt

Number: 1660

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:56

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 251 (of 686)

Rank in course/Men: 230 (of 543)

Best time in course: 29:39

Rank in category: 79(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		Total ranking		
						Pos Men	Behind Men	km	Time	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	9:32	4:46	90	2:12	260	3:35	4.00	20:15	5:03	125	2:59	295	8:16
Runde	2.00	9:26	4:43	75	1:51	218	3:31	6.00	29:41	4:56	124	7:35	190	11:47
Runde	2.00	9:19	4:39	63	1:34	176	3:24	8.00	39:00	4:52	123	9:09	346	15:11
Leichtathletikhaf	2.00	8:56	4:28	53	1:28	158	3:06	10.00	47:56	4:47	79	10:29	230	18:17