



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sparbrod, Matina

Club: Erfurt
Number: 1489

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 55:53

Speed: 10.74 km/h
Running performance: 5:35 min/km

Rank in course/Total: 543 (of 686)

Rank in course/Men: 459 (of 543)

Best time in course: 29:39

Rank in category: 151(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	11:21	5:40	141	4:10	421	5:19	2.00	11:21	5:40	129	3:22	373	5:19
Runde	2.00	11:12	5:35	165	3:52	487	5:15	4.00	22:33	5:38	128	5:17	371	10:34
Runde	2.00	11:11	5:35	153	3:36	464	5:16	6.00	33:44	5:37	127	11:38	370	15:50
Runde	2.00	11:16	5:38	149	3:31	451	5:21	8.00	45:00	5:37	126	15:09	369	21:11
Leichtathletikhaf	2.00	10:53	5:26	144	3:25	437	5:03	10.00	55:53	5:35	151	18:26	459	26:14