



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Franke, Stefan

Club: Langenhagen

Number: 1033

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:15

Speed: 10.86 km/h

Running performance: 5:31 min/km

Rank in course/Total: 527 (of 686)

Rank in course/Men: 449 (of 543)

Best time in course: 29:39

Rank in category: 148(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	11:09	5:34	137	3:58	412	5:07	2.00	11:09	5:34	135	3:10	399	5:07
Runde	2.00	10:29	5:14	140	3:09	413	4:32	4.00	21:38	5:24	134	4:22	397	9:39
Runde	2.00	10:57	5:28	145	3:22	439	5:02	6.00	32:35	5:25	133	10:29	313	14:41
Runde	2.00	11:10	5:34	145	3:25	443	5:15	8.00	43:45	5:28	132	13:54	395	19:56
Leichtathletikhäl	2.00	11:30	5:45	160	4:02	485	5:40	10.00	55:15	5:31	148	17:48	449	25:36