



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dr.Schmidt, Jens

Club: Berlin

Number: 1063

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 59:40

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 621 (of 686)

Rank in course/Men: 508 (of 543)

Best time in course: 29:39

Rank in category: 169(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	12:19	6:09	175	5:08	514	6:17	2.00	12:19	6:09	139	4:20	389	6:17
Runde	2.00	11:48	5:54	175	4:28	515	5:51	4.00	24:07	6:01	138	6:51	408	12:08
Runde	2.00	12:00	6:00	171	4:25	511	6:05	6.00	36:07	6:01	137	14:01	407	18:13
Runde	2.00	11:55	5:57	169	4:10	506	6:00	8.00	48:02	6:00	136	18:11	406	24:13
Leichtathletikhaf	2.00	11:38	5:48	163	4:10	492	5:48	10.00	59:40	5:58	169	22:13	508	30:01