



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wildner, Thorsten

Club: Erfurt
Number: 1008

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 53:57

Speed: 11.12 km/h
Running performance: 5:24 min/km

Rank in course/Total: 483 (of 686)

Rank in course/Men: 419 (of 543)

Best time in course: 29:39

Rank in category: 139(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:00	5:30	122	3:49	388	4:58	2.00	11:00	5:30	56	3:01	163	4:58
Runde	2.00	10:23	5:11	138	3:03	406	4:26	4.00	21:23	5:20	140	4:07	414	9:24
Runde	2.00	10:31	5:15	133	2:56	395	4:36	6.00	31:54	5:18	128	9:48	371	14:00
Runde	2.00	11:02	5:30	143	3:17	435	5:07	8.00	42:56	5:21	138	13:05	412	19:07
Leichtathletikhaf	2.00	11:01	5:30	150	3:33	450	5:11	10.00	53:57	5:23	139	16:30	419	24:18