



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bennewitz, Sascha

Club: Azmannsdorf

Number: 1270

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:38

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 242 (of 686)

Rank in course/Men: 220 (of 543)

Best time in course: 29:39

Rank in category: 64(of 136)

Best time in the category: 32:18

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	8:40	4:19	27	2:15	98	2:38	2.00	8:40	4:19	129	2:15	122	2:38
Runde	2.00	9:26	4:43	71	2:54	234	3:29	4.00	18:06	4:31	40	5:09	141	6:07
Runde	2.00	9:50	4:55	82	3:10	288	3:55	6.00	27:56	4:39	128	8:19	498	10:02
Runde	2.00	9:58	4:59	81	3:30	284	4:03	8.00	37:54	4:44	128	11:49	437	14:05
Leichtathletikhalle	2.00	9:44	4:51	80	3:31	282	3:54	10.00	47:38	4:45	64	15:20	220	17:59