



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wachsmuth, Sven

Club: ANNA KRAM e.V.

Number: 345

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:16

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 350 (of 477)

Rank in course/Men: 255 (of 315)

Best time in course: 12:17

Rank in category: 42(of 54)

Best time in the category: 12:17

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 | 12:33 | 6:16 | 48 | 6:33 | 287 | 6:33 | 2.00 | 12:33 | 6:16 | 7 | | 188 | 6:33 |
| Leichtathletikhalle | 2.00 | 10:43 | 5:21 | 32 | 4:26 | 201 | 4:29 | 4.00 | 23:16 | 5:48 | 42 | 10:59 | 255 | 10:59 |