



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Münch, Heiko

Club: sc impuls erfurt

Number: 1306

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:18

Speed: 14.89 km/h

Running performance: 4:02 min/km

Rank in course/Total: 45 (of 686)

Rank in course/Men: 40 (of 543)

Best time in course: 29:39

Rank in category: 10(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	7:47	3:53	6	0:36	38	1:45	2.00	7:47	3:53	13		55	1:45
Runde	2.00	7:55	3:57	6	0:35	35	1:58	4.00	15:42	3:55	13		54	3:43
Runde	2.00	8:11	4:05	11	0:36	44	2:16	6.00	23:53	3:58	9	1:47	35	5:59
Runde	2.00	8:16	4:08	11	0:31	45	2:21	8.00	32:09	4:01	11	2:18	52	8:20
Leichtathletikhalle	2.00	8:09	4:04	12	0:41	55	2:19	10.00	40:18	4:01	10	2:51	40	10:39