



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schadwinkel, Andy

Club: GMRV Langewiesen

Number: 842

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:47

Speed: 13.70 km/h

Running performance: 4:23 min/km

Rank in course/Total: 116 (of 686)

Rank in course/Men: 107 (of 543)

Best time in course: 29:39

Rank in category: 33(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	8:10	4:04	19	0:59	68	2:08	2.00	8:10	4:04	26	0:11	89	2:08
Runde	2.00	8:47	4:23	44	1:27	130	2:50	4.00	16:57	4:14	26		88	4:58
Runde	2.00	8:52	4:26	40	1:17	120	2:57	6.00	25:49	4:18	25	3:43	87	7:55
Runde	2.00	9:01	4:30	42	1:16	122	3:06	8.00	34:50	4:21	24	4:59	86	11:01
Leichtathletikhaf	2.00	8:57	4:28	56	1:29	161	3:07	10.00	43:47	4:22	33	6:20	107	14:08