



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gunkel, Sven

Club: Rehestädt

Number: 1141

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:48

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 369 (of 686)

Rank in course/Men: 331 (of 543)

Best time in course: 29:39

Rank in category: 109(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	9:48	4:54	77	2:37	234	3:46	2.00	9:48	4:54	155	1:49	161	3:46
Runde	2.00	9:44	4:51	99	2:24	290	3:47	4.00	19:32	4:53	154	2:16	452	7:33
Runde	2.00	10:17	5:08	121	2:42	362	4:22	6.00	29:49	4:58	153	7:43	223	11:55
Runde	2.00	10:32	5:15	124	2:47	376	4:37	8.00	40:21	5:02	108	10:30	315	16:32
Leichtathletikhäl	2.00	10:27	5:13	134	2:59	401	4:37	10.00	50:48	5:04	109	13:21	331	21:09