



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Engelhardt, Michael

Club: Schönstedt

Number: 1202

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:40

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 179 (of 686)

Rank in course/Men: 164 (of 543)

Best time in course: 29:39

Rank in category: 57(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	9:55	4:57	83	2:44	251	3:53	2.00	9:55	4:57	30	1:56	96	3:53
Runde	2.00	9:07	4:33	62	1:47	182	3:10	4.00	19:02	4:45	167	1:46	513	7:03
Runde	2.00	9:09	4:34	51	1:34	162	3:14	6.00	28:11	4:41	166	6:05	178	10:17
Runde	2.00	8:55	4:27	37	1:10	110	3:00	8.00	37:06	4:38	165	7:15	507	13:17
Leichtathletikhaf	2.00	8:34	4:16	28	1:06	98	2:44	10.00	45:40	4:33	57	8:13	164	16:01