



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wipprecht, Axel

Club: Erfurt
Number: 1412

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 50:36
Speed: 11.86 km/h
Running performance: 5:04 min/km
Rank in course/Total: 358 (of 686)
Rank in course/Men: 322 (of 543)
Best time in course: 29:39
Rank in category: 93(of 136)
Best time in the category: 32:18

Intermediate times				Stage score				Total ranking						
Control	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	10:59	5:29	108	4:34	385	4:57	2.00	10:59	5:29	106	4:34	421	4:57
Runde	2.00	9:50	4:55	92	3:18	303	3:53	4.00	20:49	5:12	131	7:52	235	8:50
Runde	2.00	9:47	4:53	77	3:07	275	3:52	6.00	30:36	5:06	131	10:59	518	12:42
Runde	2.00	10:00	5:00	84	3:32	292	4:05	8.00	40:36	5:04	131	14:31	517	16:47
Leichtathletikhaf	2.00	10:00	5:00	91	3:47	331	4:10	10.00	50:36	5:03	93	18:18	322	20:57