



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hengelhaupt, Mark

Club: Irrläufer

Number: 1615

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:42

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 324 (of 686)

Rank in course/Men: 293 (of 543)

Best time in course: 29:39

Rank in category: 100(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	11:00	5:30	122	3:49	388	4:58	2.00	11:00	5:30	56	3:01	163	4:58
Runde	2.00	9:36	4:47	92	2:16	265	3:39	4.00	20:36	5:09	175	3:20	263	8:37
Runde	2.00	9:42	4:50	92	2:07	260	3:47	6.00	30:18	5:02	174	8:12	530	12:24
Runde	2.00	9:55	4:57	97	2:10	274	4:00	8.00	40:13	5:01	173	10:22	218	16:24
Leichtathletikhah	2.00	9:29	4:44	84	2:01	244	3:39	10.00	49:42	4:58	100	12:15	293	20:03