



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schönknecht, Mario

Club: ZSG Waltershausen

Number: 81

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:28

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 51 (of 477)

Rank in course/Men: 46 (of 315)

Best time in course: 12:17

Rank in category: 6(of 67)

Best time in the category: 13:52

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 | 8:06 | 4:02 | 6 | 1:19 | 44 | 2:06 | 2.00 | 8:06 | 4:02 | 50 | | 26 | 2:06 |
| Leichtathletikh | 2.00 | 8:22 | 4:11 | 7 | 1:17 | 52 | 2:08 | 4.00 | 16:28 | 4:06 | 6 | 2:36 | 46 | 4:11 |