



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wachsmuth, Sven

Club: ANNA KRAM e.V.

Number: 345

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:16

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 350 (of 477)

Rank in course/Men: 255 (of 315)

Best time in course: 12:17

Rank in category: 42(of 54)

Best time in the category: 12:17

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	12:33	6:16	48	6:33	287	6:33	2.00	12:33	6:16	7		188	6:33
Leichtathletikhalle	2.00	10:43	5:21	32	4:26	201	4:29	4.00	23:16	5:48	42	10:59	255	10:59