



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hüttenmüller, Uwe

Club: SG Eintracht Wendehausen

Number: 897

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:37

Speed: 15.15 km/h

Running performance: 3:58 min/km

Rank in course/Total: 36 (of 686)

Rank in course/Men: 32 (of 543)

Best time in course: 29:39

Rank in category: 11(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.	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	7:40	3:50	12	1:15	34	1:38	2.00	7:40	3:50	14	1:15	30	1:38
Runde	2.00	7:51	3:55	11	1:19	32	1:54	4.00	15:31	3:52	13	2:34	40	3:32
Runde	2.00	8:03	4:01	12	1:23	34	2:08	6.00	23:34	3:55	13	3:57	39	5:40
Runde	2.00	8:09	4:04	14	1:41	39	2:14	8.00	31:43	3:57	13	5:38	38	7:54
Leichtathletikhall	2.00	7:54	3:57	13	1:41	40	2:04	10.00	39:37	3:57	11	7:19	32	9:58