



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hengelhaupt, Thorsten

Club: Kirchheim

Number: 878

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:09

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 159 (of 686)

Rank in course/Men: 146 (of 543)

Best time in course: 29:39

Rank in category: 43(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	9:19	4:39	49	2:54	170	3:17	2.00	9:19	4:39	32	2:54	119	3:17
Runde	2.00	8:56	4:28	48	2:24	161	2:59	4.00	18:15	4:33	31	5:18	118	6:16
Runde	2.00	8:58	4:29	42	2:18	131	3:03	6.00	27:13	4:32	31	7:36	117	9:19
Runde	2.00	9:06	4:32	43	2:38	137	3:11	8.00	36:19	4:32	31	10:14	116	12:30
Leichtathletikhaf	2.00	8:50	4:25	42	2:37	138	3:00	10.00	45:09	4:30	43	12:51	146	15:30