



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schwendler, Rainer

Club: Soignies

Number: 1796

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:02

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 153 (of 686)

Rank in course/Men: 142 (of 543)

Best time in course: 29:39

Rank in category: 47(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:46	4:23	30	1:35	108	2:44	2.00	8:46	4:23	47	0:47	52	2:44
Runde	2.00	8:51	4:25	47	1:31	142	2:54	4.00	17:37	4:24	47	0:21	132	5:38
Runde	2.00	9:06	4:32	49	1:31	152	3:11	6.00	26:43	4:27	38	4:37	111	8:49
Runde	2.00	9:12	4:35	53	1:27	151	3:17	8.00	35:55	4:29	39	6:04	115	12:06
Leichtathletikh	2.00	9:07	4:33	65	1:39	184	3:17	10.00	45:02	4:30	47	7:35	142	15:23