



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Sachse, Michael**

Club: HSV Weimar Triathlon

Number: 1212

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:45

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 181 (of 686)

Rank in course/Men: 166 (of 543)

Best time in course: 29:39

Rank in category: 58(of 178)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:10	4:34	48	1:59	151	3:08	2.00	9:10	4:34	49	1:11	137	3:08
Runde	2.00	9:09	4:34	67	1:49	190	3:12	4.00	18:19	4:34	49	1:03	136	6:20
Runde	2.00	9:11	4:35	58	1:36	173	3:16	6.00	27:30	4:34	42	5:24	121	9:36
Runde	2.00	9:17	4:38	60	1:32	170	3:22	8.00	36:47	4:35	41	6:56	120	12:58
Leichtathletikhaf	2.00	8:58	4:29	57	1:30	164	3:08	10.00	45:45	4:34	58	8:18	166	16:06