



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Winnerl, Wilko**

Club: Erfurt  
Number: 1171

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M30 (30-39 Jahre)

Total time: 48:19

Speed: 12.42 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 265 (of 686)

Rank in course/Men: 241 (of 543)

Best time in course: 29:39

Rank in category: 69(of 136)

Best time in the category: 32:18

### 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	10:36	5:17	96	4:11	350	4:34	2.00	10:36	5:17	45	4:11	152	4:34
Runde	2.00	9:14	4:36	59	2:42	199	3:17	4.00	19:50	4:57	44	6:53	151	7:51
Runde	2.00	9:21	4:40	61	2:41	203	3:26	6.00	29:11	4:51	44	9:34	150	11:17
Runde	2.00	9:36	4:47	67	3:08	226	3:41	8.00	38:47	4:50	44	12:42	149	14:58
Leichtathletikhäl	2.00	9:32	4:46	74	3:19	255	3:42	10.00	48:19	4:49	69	16:01	241	18:40