



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kendzia, Ludwig

Club: KS Sportsworld

Number: 1619

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:44

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 363 (of 686)

Rank in course/Men: 325 (of 543)

Best time in course: 29:39

Rank in category: 107(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	11:29	5:44	148	4:18	440	5:27	2.00	11:29	5:44	84	3:30	233	5:27			
Runde	2.00	9:58	4:59	109	2:38	330	4:01	4.00	21:27	5:21	83	4:11	231	9:28			
Runde	2.00	10:00	5:00	107	2:25	310	4:05	6.00	31:27	5:14	82	9:21	230	13:33			
Runde	2.00	9:44	4:51	87	1:59	251	3:49	8.00	41:11	5:08	81	11:20	229	17:22			
Leichtathletikhaf	2.00	9:33	4:46	90	2:05	260	3:43	10.00	50:44	5:04	107	13:17	325	21:05			