



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Händel, Marco

Club: Windischholzhausen

Number: 881

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:57

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 413 (of 686)

Rank in course/Men: 364 (of 543)

Best time in course: 29:39

Rank in category: 102(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	10:31	5:15	92	4:06	332	4:29	2.00	10:31	5:15	66	4:06	235	4:29
Runde	2.00	9:52	4:56	94	3:20	311	3:55	4.00	20:23	5:05	65	7:26	187	8:24
Runde	2.00	10:11	5:05	96	3:31	337	4:16	6.00	30:34	5:05	65	10:57	232	12:40
Runde	2.00	10:44	5:21	111	4:16	409	4:49	8.00	41:18	5:09	65	15:13	231	17:29
Leichtathletikhaf	2.00	10:39	5:19	111	4:26	417	4:49	10.00	51:57	5:11	102	19:39	364	22:18