



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wenzel, Hendrik

Club: Erfurt
Number: 1112

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 55:53
Speed: 10.74 km/h
Running performance: 5:35 min/km
Rank in course/Total: 542 (of 686)
Rank in course/Men: 459 (of 543)
Best time in course: 29:39
Rank in category: 151(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
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	11:01	5:30	159	3:41	473	5:04	4.00	22:30	5:37	107	5:14	310	10:31	
Runde	2.00	11:09	5:34	151	3:34	460	5:14	6.00	33:39	5:36	106	11:33	309	15:45	
Runde	2.00	11:17	5:38	150	3:32	454	5:22	8.00	44:56	5:36	105	15:05	308	21:07	
Leichtathletikh	2.00	10:57	5:28	148	3:29	443	5:07	10.00	55:53	5:35	151	18:26	459	26:14	