



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mönch, Torsten

Club: Tennisverein Wundersleben

Number: 1441

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:22

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 578 (of 686)

Rank in course/Men: 484 (of 543)

Best time in course: 29:39

Rank in category: 161(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.	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	11:57	5:58	170	4:46	499	5:55	2.00	11:57	5:58	119	3:58	281	5:55
Runde	2.00	11:06	5:32	163	3:46	482	5:09	4.00	23:03	5:45	118	5:47	337	11:04
Runde	2.00	11:15	5:37	154	3:40	469	5:20	6.00	34:18	5:42	117	12:12	336	16:24
Runde	2.00	11:26	5:43	153	3:41	464	5:31	8.00	45:44	5:43	116	15:53	335	21:55
Leichtathletikhaf	2.00	11:38	5:48	163	4:10	492	5:48	10.00	57:22	5:44	161	19:55	484	27:43