



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 | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|--------------------|-------|-------|------|--------|--------|------|-------|-------|-------|------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| 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 |
| Leichtathletikhall | 2.00 | 11:38 | 5:48 | 163 | 4:10 | 492 | 5:48 | 10.00 | 57:22 | 5:44 | 161 | 19:55 | 484 | 27:43 |