



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Münchgesang, Ricardo

Club: Fitness Crew Auf Achse

Number: 1010

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:00:28

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 632 (of 686)

Rank in course/Men: 514 (of 543)

Best time in course: 29:39

Rank in category: 172(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	12:17	6:08	174	5:06	512	6:15	2.00	12:17	6:08	137	4:18	323	6:15
Runde	2.00	11:25	5:42	171	4:05	496	5:28	4.00	23:42	5:55	136	6:26	403	11:43
Runde	2.00	11:59	5:59	170	4:24	510	6:04	6.00	35:41	5:56	135	13:35	402	17:47
Runde	2.00	12:26	6:13	172	4:41	519	6:31	8.00	48:07	6:00	134	18:16	401	24:18
Leichtathletikhäl	2.00	12:21	6:10	170	4:53	518	6:31	10.00	1:00:28	6:02	172	23:01	514	30:49