



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Albert, Tobias

Club: LTV Erfurt

Number: 835

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:59

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 290 (of 686)

Rank in course/Men: 262 (of 543)

Best time in course: 29:39

Rank in category: 75(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:17	5:08	80	3:52	298	4:15	2.00	10:17	5:08	108	3:52	431	4:15
Runde	2.00	9:47	4:53	90	3:15	298	3:50	4.00	20:04	5:00	107	7:07	429	8:05
Runde	2.00	9:44	4:51	75	3:04	264	3:49	6.00	29:48	4:58	107	10:11	205	11:54
Runde	2.00	9:43	4:51	73	3:15	248	3:48	8.00	39:31	4:56	107	13:26	427	15:42
Leichtathletikhalle	2.00	9:28	4:44	70	3:15	243	3:38	10.00	48:59	4:53	75	16:41	262	19:20