



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Augner, Stefan

Club: Gotha

Number: 1403

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:38

Speed: 13.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 177 (of 686)

Rank in course/Men: 162 (of 543)

Best time in course: 29:39

Rank in category: 46(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	9:02	4:30	41	2:37	144	3:00	2.00	9:02	4:30	123	2:37	111	3:00
Runde	2.00	8:41	4:20	36	2:09	112	2:44	4.00	17:43	4:25	122	4:46	480	5:44
Runde	2.00	9:08	4:33	48	2:28	159	3:13	6.00	26:51	4:28	122	7:14	479	8:57
Runde	2.00	9:32	4:46	62	3:04	211	3:37	8.00	36:23	4:32	122	10:18	478	12:34
Leichtathletikhalle	2.00	9:15	4:37	59	3:02	208	3:25	10.00	45:38	4:33	46	13:20	162	15:59