



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wilhelm, Josef

Club: Triathlonverein Friedrichroda

Number: 827

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 42:53

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 94 (of 686)

Rank in course/Men: 86 (of 543)

Best time in course: 29:39

Rank in category: 21(of 69)

Best time in the category: 29:39

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	7:58	3:59	18	1:56	51	1:56	2.00	7:58	3:59	27		49	1:56
Runde	2.00	8:31	4:15	22	2:34	91	2:34	4.00	16:29	4:07	27		50	4:30
Runde	2.00	8:42	4:20	22	2:47	101	2:47	6.00	25:11	4:11	27		480	7:17
Runde	2.00	8:51	4:25	21	2:56	98	2:56	8.00	34:02	4:15	27		67	10:13
Leichtathletikhaf	2.00	8:51	4:25	28	3:01	142	3:01	10.00	42:53	4:17	21	13:14	86	13:14