



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Preller, Paul

Club: Deutsche Marine

Number: 1455

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 42:42

Speed: 14.05 km/h

Running performance: 4:16 min/km

Rank in course/Total: 89 (of 686)

Rank in course/Men: 81 (of 543)

Best time in course: 29:39

Rank in category: 19(of 69)

Best time in the category: 29:39

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	8:56	4:28	25	2:54	134	2:54	2.00	8:56	4:28	20		108	2:54
Runde	2.00	8:14	4:06	16	2:17	55	2:17	4.00	17:10	4:17	20		58	5:11
Runde	2.00	8:27	4:13	18	2:32	65	2:32	6.00	25:37	4:16	20		540	7:43
Runde	2.00	8:44	4:21	18	2:49	84	2:49	8.00	34:21	4:17	20		65	10:32
Leichtathletikh	2.00	8:21	4:10	19	2:31	70	2:31	10.00	42:42	4:16	19	13:03	81	13:03