



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seiler, Christian

Club: Rennsteiglaufverein

Number: 950

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 32:18

Speed: 18.58 km/h

Running performance: 3:14 min/km

Rank in course/Total: 2 (of 686)

Rank in course/Men: 2 (of 543)

Best time in course: 29:39

Rank in category: 1(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	6:25	3:12	1	-	2	0:23	2.00	6:25	3:12	1	-	2	0:23
Runde	2.00	6:32	3:15	1	-	2	0:35	4.00	12:57	3:14	1	-	2	0:58
Runde	2.00	6:40	3:20	1	-	2	0:45	6.00	19:37	3:16	1	-	2	1:43
Runde	2.00	6:28	3:14	1	-	2	0:33	8.00	26:05	3:15	1	-	2	2:16
Leichtathletikhall	2.00	6:13	3:06	1	-	2	0:23	10.00	32:18	3:13	1	-	2	2:39