



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hilbert, Jonathan

Club: Erfurter Lac

Number: 1427

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 34:41

Speed: 17.30 km/h

Running performance: 3:28 min/km

Rank in course/Total: 8 (of 686)

Rank in course/Men: 8 (of 543)

Best time in course: 29:39

Rank in category: 2(of 20)

Best time in the category: 32:24

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	6:53	3:26	3	0:28	9	0:51	2.00	6:53	3:26	20		8	0:51
Runde	2.00	6:51	3:25	2	0:19	6	0:54	4.00	13:44	3:25	20		8	1:45
Runde	2.00	7:02	3:30	2	0:22	8	1:07	6.00	20:46	3:27	20		7	2:52
Runde	2.00	7:03	3:31	2	0:35	9	1:08	8.00	27:49	3:28	20		7	4:00
Leichtathletikhah	2.00	6:52	3:25	2	0:33	10	1:02	10.00	34:41	3:28	2	2:17	8	5:02