



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zimmermann, Mario

Club: SV TU Ilmenau

Number: 1352

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 36:46

Speed: 16.32 km/h

Running performance: 3:41 min/km

Rank in course/Total: 18 (of 686)

Rank in course/Men: 16 (of 543)

Best time in course: 29:39

Rank in category: 5(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.	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	7:23	3:41	10	0:58	27	1:21	2.00	7:23	3:41	5	0:58	15	1:21
Runde	2.00	7:17	3:38	5	0:45	16	1:20	4.00	14:40	3:39	4	1:43	14	2:41
Runde	2.00	7:26	3:43	5	0:46	15	1:31	6.00	22:06	3:41	4	2:29	13	4:12
Runde	2.00	7:26	3:43	5	0:58	14	1:31	8.00	29:32	3:41	4	3:27	13	5:43
Leichtathletikhäl	2.00	7:14	3:37	4	1:01	14	1:24	10.00	36:46	3:40	5	4:28	16	7:07