



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Greiner, Daniel

Club: LV Sömmerda

Number: 601

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 37:48

Speed: 15.87 km/h

Running performance: 3:47 min/km

Rank in course/Total: 24 (of 686)

Rank in course/Men: 21 (of 543)

Best time in course: 29:39

Rank in category: 10(of 69)

Best time in the category: 29:39

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	7:12	3:36	10	1:10	20	1:10	2.00	7:12	3:36	36		21	1:10	
Runde	2.00	7:28	3:44	10	1:31	20	1:31	4.00	14:40	3:39	36		14	2:41	
Runde	2.00	7:46	3:53	10	1:51	22	1:51	6.00	22:26	3:44	36		19	4:32	
Runde	2.00	7:46	3:53	10	1:51	20	1:51	8.00	30:12	3:46	36		19	6:23	
Leichtathletikhall	2.00	7:36	3:47	13	1:46	24	1:46	10.00	37:48	3:46	10	8:09	21	8:09	