



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hesse, Mathias

Club: Triathlon Friedrichroda

Number: 1223

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 38:06

Speed: 15.75 km/h

Running performance: 3:49 min/km

Rank in course/Total: 27 (of 686)

Rank in course/Men: 24 (of 543)

Best time in course: 29:39

Rank in category: 11(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	7:39	3:49	11	1:42	27	1:42	4.00	14:51	3:42	44		22	2:52	
Runde	2.00	7:52	3:55	11	1:57	28	1:57	6.00	22:43	3:47	44		21	4:49	
Runde	2.00	7:52	3:55	12	1:57	25	1:57	8.00	30:35	3:49	44		21	6:46	
Leichtathletikhah	2.00	7:31	3:45	11	1:41	20	1:41	10.00	38:06	3:48	11	8:27	24	8:27	