



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Melson, Christian

Club: Running Gags LE

Number: 1211

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:13

Speed: 15.30 km/h

Running performance: 3:55 min/km

Rank in course/Total: 34 (of 686)

Rank in course/Men: 30 (of 543)

Best time in course: 29:39

Rank in category: 10(of 136)

Best time in the category: 32:18

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	7:14	3:37	8	0:49	25	1:12	2.00	7:14	3:37	8	0:49	25	1:12	
Runde	2.00	7:51	3:55	11	1:19	32	1:54	4.00	15:05	3:46	12	2:08	38	3:06	
Runde	2.00	8:07	4:03	14	1:27	38	2:12	6.00	23:12	3:52	12	3:35	37	5:18	
Runde	2.00	8:05	4:02	11	1:37	34	2:10	8.00	31:17	3:54	12	5:12	36	7:28	
Leichtathletikhall	2.00	7:56	3:58	14	1:43	42	2:06	10.00	39:13	3:55	10	6:55	30	9:34	