



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Vogt, Philipp

Club: Grasrockers Brotterode

Number: 963

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 40:48

Speed: 14.71 km/h

Running performance: 4:05 min/km

Rank in course/Total: 51 (of 686)

Rank in course/Men: 45 (of 543)

Best time in course: 29:39

Rank in category: 15(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	7:32	3:46	13	1:30	29	1:30	2.00	7:32	3:46	40		44	1:30	
Runde	2.00	8:08	4:03	14	2:11	47	2:11	4.00	15:40	3:54	40		35	3:41	
Runde	2.00	8:21	4:10	16	2:26	55	2:26	6.00	24:01	4:00	40		42	6:07	
Runde	2.00	8:20	4:10	16	2:25	48	2:25	8.00	32:21	4:02	40		41	8:32	
Leichtathletikhall	2.00	8:27	4:13	20	2:37	78	2:37	10.00	40:48	4:04	15	11:09	45	11:09	