



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schmeißer, Christian

Club: LG Goßenlupnitz

Number: 894

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:54

Speed: 14.67 km/h

Running performance: 4:05 min/km

Rank in course/Total: 53 (of 686)

Rank in course/Men: 47 (of 543)

Best time in course: 29:39

Rank in category: 15(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	7:56	3:58	15	1:31	48	1:54	2.00	7:56	3:58	20	1:31	45	1:54
Runde	2.00	8:11	4:05	17	1:39	50	2:14	4.00	16:07	4:01	19	3:10	56	4:08
Runde	2.00	8:15	4:07	15	1:35	46	2:20	6.00	24:22	4:03	19	4:45	52	6:28
Runde	2.00	8:24	4:12	19	1:56	55	2:29	8.00	32:46	4:05	19	6:41	54	8:57
Leichtathletikhall	2.00	8:08	4:03	19	1:55	53	2:18	10.00	40:54	4:05	15	8:36	47	11:15