



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Malinka, Sebastian

Club: Triathlon Jena

Number: 947

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:55

Speed: 14.31 km/h

Running performance: 4:11 min/km

Rank in course/Total: 69 (of 686)

Rank in course/Men: 63 (of 543)

Best time in course: 29:39

Rank in category: 23(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:38	4:18	26	2:13	92	2:36	2.00	8:38	4:18	26	2:13	77	2:36
Runde	2.00	8:21	4:10	24	1:49	68	2:24	4.00	16:59	4:14	25	4:02	76	5:00
Runde	2.00	8:15	4:07	15	1:35	46	2:20	6.00	25:14	4:12	25	5:37	75	7:20
Runde	2.00	8:24	4:12	19	1:56	55	2:29	8.00	33:38	4:12	25	7:33	74	9:49
Leichtathletikh	2.00	8:17	4:08	24	2:04	68	2:27	10.00	41:55	4:11	23	9:37	63	12:16