



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kopprasch, Jens

Club: SRLV

Number: 891

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:09

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 101 (of 686)

Rank in course/Men: 92 (of 543)

Best time in course: 29:39

Rank in category: 29(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:00	4:30	40	2:35	141	2:58	2.00	9:00	4:30	27	2:35	86	2:58
Runde	2.00	8:15	4:07	19	1:43	56	2:18	4.00	17:15	4:18	26	4:18	85	5:16
Runde	2.00	8:32	4:15	27	1:52	76	2:37	6.00	25:47	4:17	26	6:10	84	7:53
Runde	2.00	8:52	4:26	29	2:24	101	2:57	8.00	34:39	4:19	26	8:34	83	10:50
Leichtathletikhalle	2.00	8:30	4:15	30	2:17	88	2:40	10.00	43:09	4:18	29	10:51	92	13:30