



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Staffel, Tobias

Club: fit&run Weimar

Number: 1232

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 42:50

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 92 (of 686)

Rank in course/Men: 84 (of 543)

Best time in course: 29:39

Rank in category: 20(of 69)

Best time in the category: 29:39

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	8:00	4:00	19	1:58	57	1:58	2.00	8:00	4:00	69		73	1:58
Runde	2.00	8:26	4:13	21	2:29	79	2:29	4.00	16:26	4:06	69		55	4:27
Runde	2.00	8:37	4:18	19	2:42	90	2:42	6.00	25:03	4:10	69		86	7:09
Runde	2.00	8:52	4:26	23	2:57	101	2:57	8.00	33:55	4:14	69		62	10:06
Leichtathletikh	2.00	8:55	4:27	33	3:05	154	3:05	10.00	42:50	4:16	20	13:11	84	13:11