



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schröder, Daniel

Club: LG Sonneborn

Number: 900

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:46

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 115 (of 686)

Rank in course/Men: 106 (of 543)

Best time in course: 29:39

Rank in category: 31(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	8:56	4:28	38	2:31	134	2:54	2.00	8:56	4:28	29	2:31	108	2:54
Runde	2.00	8:44	4:21	38	2:12	122	2:47	4.00	17:40	4:25	28	4:43	107	5:41
Runde	2.00	8:47	4:23	32	2:07	112	2:52	6.00	26:27	4:24	28	6:50	106	8:33
Runde	2.00	8:50	4:25	28	2:22	96	2:55	8.00	35:17	4:24	28	9:12	105	11:28
Leichtathletikhalle	2.00	8:29	4:14	29	2:16	85	2:39	10.00	43:46	4:22	31	11:28	106	14:07