



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Treyße, Max

Club: erfurt

Number: 1410

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 44:30

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course/Total: 130 (of 686)

Rank in course/Men: 120 (of 543)

Best time in course: 29:39

Rank in category: 27(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	9:00	4:30	27	2:58	141	2:58	2.00	9:00	4:30	64			86	2:58
Runde	2.00	8:46	4:23	26	2:49	126	2:49	4.00	17:46	4:26	64			108	5:47
Runde	2.00	8:52	4:26	27	2:57	120	2:57	6.00	26:38	4:26	64			107	8:44
Runde	2.00	9:12	4:35	29	3:17	151	3:17	8.00	35:50	4:28	64			106	12:01
Leichtathletikhaf	2.00	8:40	4:19	24	2:50	113	2:50	10.00	44:30	4:27	27	14:51		120	14:51