



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stutzig, Henrik

Club: Katholische Laufjugend Arn
Number: 913

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:46

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 182 (of 686)

Rank in course/Men: 167 (of 543)

Best time in course: 29:39

Rank in category: 48(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	8:23	4:11	21	1:58	82	2:21	2.00	8:23	4:11	25	1:58	76	2:21
Runde	2.00	8:49	4:24	43	2:17	136	2:52	4.00	17:12	4:17	35	4:15	129	5:13
Runde	2.00	9:29	4:44	67	2:49	224	3:34	6.00	26:41	4:26	35	7:04	128	8:47
Runde	2.00	9:53	4:56	75	3:25	266	3:58	8.00	36:34	4:34	35	10:29	127	12:45
Leichtathletikhaf	2.00	9:12	4:35	58	2:59	198	3:22	10.00	45:46	4:34	48	13:28	167	16:07