



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Erdmann, Fabian

Club: SG Onion Schönau v.d. Walde

Number: 958

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:03

Speed: 12.75 km/h

Running performance: 4:42 min/km

Rank in course/Total: 221 (of 686)

Rank in course/Men: 203 (of 543)

Best time in course: 29:39

Rank in category: 62(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	9:14	4:36	47	2:49	159	3:12	2.00	9:14	4:36	37	2:49	126	3:12
Runde	2.00	9:05	4:32	52	2:33	177	3:08	4.00	18:19	4:34	45	5:22	136	6:20
Runde	2.00	9:21	4:40	61	2:41	203	3:26	6.00	27:40	4:36	45	8:03	119	9:46
Runde	2.00	9:33	4:46	63	3:05	217	3:38	8.00	37:13	4:39	45	11:08	152	13:24
Leichtathletikhäl	2.00	9:50	4:55	85	3:37	302	4:00	10.00	47:03	4:42	62	14:45	203	17:24