



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zeuner, Andreas

Club: Erfurt
Number: 1368

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 49:49

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 325 (of 686)

Rank in course/Men: 294 (of 543)

Best time in course: 29:39

Rank in category: 85(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	10:20	5:10	84	3:55	305	4:18	2.00	10:20	5:10	58	3:55	201	4:18
Runde	2.00	9:41	4:50	84	3:09	282	3:44	4.00	20:01	5:00	57	7:04	200	8:02
Runde	2.00	9:49	4:54	80	3:09	282	3:54	6.00	29:50	4:58	57	10:13	199	11:56
Runde	2.00	9:58	4:59	81	3:30	284	4:03	8.00	39:48	4:58	57	13:43	198	15:59
Leichtathletikh	2.00	10:01	5:00	93	3:48	334	4:11	10.00	49:49	4:58	85	17:31	294	20:10