



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Silge, Marco

Club: N3 Sportverein e.V.

Number: 1314

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:20

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 305 (of 686)

Rank in course/Men: 275 (of 543)

Best time in course: 29:39

Rank in category: 81(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	10:27	5:13	88	4:02	320	4:25	2.00	10:27	5:13	56	4:02	192	4:25
Runde	2.00	9:30	4:45	75	2:58	250	3:33	4.00	19:57	4:59	48	7:00	161	7:58
Runde	2.00	9:45	4:52	76	3:05	267	3:50	6.00	29:42	4:57	63	10:05	222	11:48
Runde	2.00	10:18	5:09	96	3:50	342	4:23	8.00	40:00	5:00	63	13:55	221	16:11
Leichtathletikhalle	2.00	9:20	4:40	65	3:07	224	3:30	10.00	49:20	4:56	81	17:02	275	19:41