



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Skokan, Christian

Club: Compression Crew
Number: 1324

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 303 (of 686)

Rank in course/Men: 273 (of 543)

Best time in course: 29:39

Rank in category: 79(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	10:10	5:04	78	3:45	293	4:08	2.00	10:10	5:04	69	3:45	249	4:08
Runde	2.00	9:32	4:46	81	3:00	260	3:35	4.00	19:42	4:55	68	6:45	166	7:43
Runde	2.00	9:55	4:57	88	3:15	299	4:00	6.00	29:37	4:56	68	10:00	246	11:43
Runde	2.00	9:58	4:59	81	3:30	284	4:03	8.00	39:35	4:56	68	13:30	245	15:46
Leichtathletikhaf	2.00	9:40	4:49	79	3:27	276	3:50	10.00	49:15	4:55	79	16:57	273	19:36