



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Thiel, Sascha

Club: TSV 1861 Bad Tennstedt

Number: 1415

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 452 (of 686)

Rank in course/Men: 396 (of 543)

Best time in course: 29:39

Rank in category: 50(of 69)

Best time in the category: 29:39

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	10:54	5:27	53	4:52	375	4:52	2.00	10:54	5:27	16		255	4:52	
Runde	2.00	10:09	5:04	49	4:12	363	4:12	4.00	21:03	5:15	16		253	9:04	
Runde	2.00	10:33	5:16	49	4:38	400	4:38	6.00	31:36	5:15	16		252	13:42	
Runde	2.00	10:44	5:21	50	4:49	409	4:49	8.00	42:20	5:17	16		251	18:31	
Leichtathletikhalle	2.00	10:46	5:23	53	4:56	428	4:56	10.00	53:06	5:18	50	23:27	396	23:27	