



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pohl, Florian

Club: Union EF

Number: 945

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 54:28

Speed: 11.02 km/h

Running performance: 5:27 min/km

Rank in course/Total: 509 (of 686)

Rank in course/Men: 437 (of 543)

Best time in course: 29:39

Rank in category: 56(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	10:24	5:12	46	4:22	315	4:22	2.00	10:24	5:12	13		188	4:22	
Runde	2.00	10:25	5:12	53	4:28	410	4:28	4.00	20:49	5:12	13		235	8:50	
Runde	2.00	11:02	5:30	54	5:07	448	5:07	6.00	31:51	5:18	13		284	13:57	
Runde	2.00	11:16	5:38	58	5:21	451	5:21	8.00	43:07	5:23	13		283	19:18	
Leichtathletikhalle	2.00	11:21	5:40	61	5:31	474	5:31	10.00	54:28	5:26	56	24:49	437	24:49	