



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wich, Marcel

Club: Annagram e.V. Laufend helfen

Number: 1444

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:10

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 492 (of 686)

Rank in course/Men: 427 (of 543)

Best time in course: 29:39

Rank in category: 114(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	9:39	4:49	58	3:14	202	3:37	2.00	9:39	4:49	79	3:14	153	3:37	
Runde	2.00	10:36	5:17	118	4:04	428	4:39	4.00	20:15	5:03	77	7:18	295	8:16	
Runde	2.00	11:01	5:30	119	4:21	445	5:06	6.00	31:16	5:12	78	11:39	295	13:22	
Runde	2.00	11:21	5:40	122	4:53	460	5:26	8.00	42:37	5:19	78	16:32	294	18:48	
Leichtathletikhall	2.00	11:33	5:46	128	5:20	487	5:43	10.00	54:10	5:24	114	21:52	427	24:31	