



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hummel, Robert

Club: SV Wiiterda

Number: 991

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 53:31

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 466 (of 686)

Rank in course/Men: 407 (of 543)

Best time in course: 29:39

Rank in category: 51(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	11:10	5:34	55	5:08	413	5:08	2.00	11:10	5:34	11		316	5:08
Runde	2.00	10:20	5:10	52	4:23	397	4:23	4.00	21:30	5:22	11		314	9:31
Runde	2.00	11:05	5:32	55	5:10	454	5:10	6.00	32:35	5:25	11		313	14:41
Runde	2.00	10:38	5:18	49	4:43	396	4:43	8.00	43:13	5:24	11		312	19:24
Leichtathletikh	2.00	10:18	5:09	48	4:28	378	4:28	10.00	53:31	5:21	51	23:52	407	23:52