



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Urbanneck, Oliver

Club: N3 Sportverein e.V.

Number: 1316

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:35

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 401 (of 686)

Rank in course/Men: 353 (of 543)

Best time in course: 29:39

Rank in category: 97(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	10:55	5:27	106	4:30	379	4:53	2.00	10:55	5:27	83	4:30	322	4:53
Runde	2.00	9:43	4:51	85	3:11	287	3:46	4.00	20:38	5:09	82	7:41	212	8:39
Runde	2.00	10:13	5:06	99	3:33	346	4:18	6.00	30:51	5:08	79	11:14	240	12:57
Runde	2.00	10:27	5:13	100	3:59	359	4:32	8.00	41:18	5:09	65	15:13	231	17:29
Leichtathletikhaf	2.00	10:17	5:08	101	4:04	374	4:27	10.00	51:35	5:09	97	19:17	353	21:56