



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weier, Marcel

Club: Stadtwerke Erfurt

Number: 1111

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 55:00

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 523 (of 686)

Rank in course/Men: 446 (of 543)

Best time in course: 29:39

Rank in category: 119(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:16	5:38	113	4:51	416	5:14	2.00	11:16	5:38	86	4:51	221	5:14
Runde	2.00	10:40	5:19	121	4:08	441	4:43	4.00	21:56	5:29	85	8:59	331	9:57
Runde	2.00	10:54	5:27	117	4:14	436	4:59	6.00	32:50	5:28	85	13:13	255	14:56
Runde	2.00	11:17	5:38	118	4:49	454	5:22	8.00	44:07	5:30	85	18:02	329	20:18
Leichtathletikhalle	2.00	10:53	5:26	115	4:40	437	5:03	10.00	55:00	5:30	119	22:42	446	25:21