



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Höpfner, Christian

Club: Schiedsrichter KFA EF-SÖM

Number: 1221

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 48:10

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 258 (of 686)

Rank in course/Men: 234 (of 543)

Best time in course: 29:39

Rank in category: 38(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	8:53	4:26	24	2:51	120	2:51	2.00	8:53	4:26	5		85	2:51	
Runde	2.00	9:28	4:44	37	3:31	244	3:31	4.00	18:21	4:35	5		122	6:22	
Runde	2.00	10:05	5:02	44	4:10	321	4:10	6.00	28:26	4:44	5		348	10:32	
Runde	2.00	9:54	4:57	40	3:59	270	3:59	8.00	38:20	4:47	5		205	14:31	
Leichtathletikhall	2.00	9:50	4:55	43	4:00	302	4:00	10.00	48:10	4:48	38	18:31	234	18:31	