



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schreiber, Dirk

Club: Nürnberg

Number: 1216

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 50:10

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 337 (of 686)

Rank in course/Men: 305 (of 543)

Best time in course: 29:39

Rank in category: 43(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	9:58	4:59	43	3:56	256	3:56	2.00	9:58	4:59	3		292	3:56	
Runde	2.00	9:44	4:51	41	3:47	290	3:47	4.00	19:42	4:55	3		166	7:43	
Runde	2.00	9:58	4:59	41	4:03	304	4:03	6.00	29:40	4:56	3		221	11:46	
Runde	2.00	10:14	5:06	44	4:19	337	4:19	8.00	39:54	4:59	3		356	16:05	
Leichtathletikh	2.00	10:16	5:08	47	4:26	368	4:26	10.00	50:10	5:00	43	20:31	305	20:31	