



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kuna, Heiner

Club: Erfurt
Number: 1349

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 52:26

Speed: 11.44 km/h
Running performance: 5:14 min/km

Rank in course/Total: 432 (of 686)

Rank in course/Men: 378 (of 543)

Best time in course: 29:39

Rank in category: 105(of 136)

Best time in the category: 32:18

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	10:29	5:14	91	4:04	328	4:27	2.00	10:29	5:14	94	4:04	245	4:27
Runde	2.00	10:04	5:01	98	3:32	344	4:07	4.00	20:33	5:08	60	7:36	216	8:34
Runde	2.00	10:27	5:13	108	3:47	382	4:32	6.00	31:00	5:10	93	11:23	263	13:06
Runde	2.00	10:38	5:18	108	4:10	396	4:43	8.00	41:38	5:12	93	15:33	363	17:49
Leichtathletikhalle	2.00	10:48	5:24	114	4:35	433	4:58	10.00	52:26	5:14	105	20:08	378	22:47