



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schermesser, Alexander

Club: Erfurt
Number: 1244

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 56:55

Speed: 10.54 km/h
Running performance: 5:41 min/km

Rank in course/Total: 565 (of 686)

Rank in course/Men: 476 (of 543)

Best time in course: 29:39

Rank in category: 60(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	11:27	5:43	57	5:25	433	5:25	2.00	11:27	5:43	18		243	5:25
Runde	2.00	11:16	5:38	62	5:19	490	5:19	4.00	22:43	5:40	34		379	10:44
Runde	2.00	11:24	5:42	64	5:29	482	5:29	6.00	34:07	5:41	34		378	16:13
Runde	2.00	11:34	5:46	62	5:39	473	5:39	8.00	45:41	5:42	34		377	21:52
Leichtathletikhall	2.00	11:14	5:36	60	5:24	467	5:24	10.00	56:55	5:41	60	27:16	476	27:16