



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Koszarek, Larsen

Club: 1. FC Bocker

Number: 1485

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:44

Speed: 12.31 km/h

Running performance: 4:52 min/km

Rank in course/Total: 284 (of 686)

Rank in course/Men: 257 (of 543)

Best time in course: 29:39

Rank in category: 72(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	11:21	5:40	114	4:56	421	5:19	2.00	11:21	5:40	99	4:56	373	5:19
Runde	2.00	9:22	4:41	66	2:50	223	3:25	4.00	20:43	5:10	98	7:46	396	8:44
Runde	2.00	9:13	4:36	52	2:33	177	3:18	6.00	29:56	4:59	98	10:19	169	12:02
Runde	2.00	9:31	4:45	61	3:03	209	3:36	8.00	39:27	4:55	98	13:22	210	15:38
Leichtathletikhal	2.00	9:17	4:38	63	3:04	213	3:27	10.00	48:44	4:52	72	16:26	257	19:05