



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

wagner, david

Club: olbersleben

Number: 1059

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:41

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 88 (of 686)

Rank in course/Men: 80 (of 543)

Best time in course: 29:39

Rank in category: 26(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	7:39	3:49	11	1:14	33	1:37	2.00	7:39	3:49	104	1:14	412	1:37
Runde	2.00	8:28	4:14	28	1:56	84	2:31	4.00	16:07	4:01	19	3:10	56	4:08
Runde	2.00	8:36	4:17	28	1:56	86	2:41	6.00	24:43	4:07	103	5:06	78	6:49
Runde	2.00	9:08	4:33	45	2:40	142	3:13	8.00	33:51	4:13	103	7:46	408	10:02
Leichtathletikhalle	2.00	8:50	4:25	42	2:37	138	3:00	10.00	42:41	4:16	26	10:23	80	13:02