



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wedel, Matthias

Club: N3 Sportverein e.V.

Number: 1315

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 55:22

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 529 (of 686)

Rank in course/Men: 451 (of 543)

Best time in course: 29:39

Rank in category: 120(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:56	5:58	130	5:31	497	5:54	2.00	11:56	5:58	105	5:31	356	5:54
Runde	2.00	11:01	5:30	126	4:29	473	5:04	4.00	22:57	5:44	104	10:00	413	10:58
Runde	2.00	10:52	5:26	116	4:12	432	4:57	6.00	33:49	5:38	104	14:12	412	15:55
Runde	2.00	10:57	5:28	113	4:29	430	5:02	8.00	44:46	5:35	104	18:41	411	20:57
Leichtathletikhaf	2.00	10:36	5:17	109	4:23	414	4:46	10.00	55:22	5:32	120	23:04	451	25:43