



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seise, Eric

Club: SV 1899 Mühlhausen

Number: 1087

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 45:48

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 184 (of 686)

Rank in course/Men: 168 (of 543)

Best time in course: 29:39

Rank in category: 7(of 20)

Best time in the category: 32:24

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	8:18	4:09	5	1:53	77	2:16	2.00	8:18	4:09	6		102	2:16	
Runde	2.00	8:58	4:29	8	2:26	164	3:01	4.00	17:16	4:18	6		3	5:17	
Runde	2.00	9:17	4:38	8	2:37	189	3:22	6.00	26:33	4:25	6		440	8:39	
Runde	2.00	9:29	4:44	8	3:01	205	3:34	8.00	36:02	4:30	6		144	12:13	
Leichtathletikhäl	2.00	9:46	4:53	10	3:27	284	3:56	10.00	45:48	4:34	7	13:24	168	16:09	