



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bock, Michael

Club: Plaue

Number: 1165

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:46

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 519 (of 686)

Rank in course/Men: 442 (of 543)

Best time in course: 29:39

Rank in category: 117(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	12:35	6:17	132	6:10	523	6:33	2.00	12:35	6:17	111	6:10	449	6:33			
Runde	2.00	10:58	5:29	125	4:26	468	5:01	4.00	23:33	5:53	110	10:36	447	11:34			
Runde	2.00	10:41	5:20	112	4:01	414	4:46	6.00	34:14	5:42	110	14:37	446	16:20			
Runde	2.00	10:28	5:14	102	4:00	366	4:33	8.00	44:42	5:35	110	18:37	290	20:53			
Leichtathletikhaf	2.00	10:04	5:01	94	3:51	341	4:14	10.00	54:46	5:28	117	22:28	442	25:07			