



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

thiel, alexander

Club: erfurt

Number: 1398

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:30

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 435 (of 686)

Rank in course/Men: 381 (of 543)

Best time in course: 29:39

Rank in category: 106(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:12	5:35	112	4:47	414	5:10	2.00	11:12	5:35	115	4:47	461	5:10
Runde	2.00	10:19	5:09	109	3:47	395	4:22	4.00	21:31	5:22	114	8:34	294	9:32
Runde	2.00	10:11	5:05	96	3:31	337	4:16	6.00	31:42	5:16	114	12:05	268	13:48
Runde	2.00	10:43	5:21	110	4:15	406	4:48	8.00	42:25	5:18	114	16:20	457	18:36
Leichtathletikhall	2.00	10:05	5:02	95	3:52	343	4:15	10.00	52:30	5:15	106	20:12	381	22:51