



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Prescher, Frank**

Club: Erfurt  
Number: 929

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M30 (30-39 Jahre)

Total time: 54:20

Speed: 11.04 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 502 (of 686)

Rank in course/Men: 433 (of 543)

Best time in course: 29:39

Rank in category: 115(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		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:09	5:04	75	3:44	286	4:07	2.00	10:09	5:04	71	3:44	222	4:07	
Runde	2.00	10:31	5:15	113	3:59	416	4:34	4.00	20:40	5:10	115	7:43	461	8:41	
Runde	2.00	10:55	5:27	118	4:15	438	5:00	6.00	31:35	5:15	115	11:58	304	13:41	
Runde	2.00	11:17	5:38	118	4:49	454	5:22	8.00	42:52	5:21	115	16:47	459	19:03	
Leichtathletikhaf	2.00	11:28	5:44	127	5:15	481	5:38	10.00	54:20	5:26	115	22:02	433	24:41	