



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Keller, Dennis

Club: Erfurt
Number: 1440

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 55:43

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 538 (of 686)

Rank in course/Men: 455 (of 543)

Best time in course: 29:39

Rank in category: 59(of 69)

Best time in the category: 29:39

Intermediate times					Stage score				Total ranking					
Control	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	11:29	5:44	59	5:27	440	5:27	2.00	11:29	5:44	29		233	5:27
Runde	2.00	10:38	5:18	55	4:41	433	4:41	4.00	22:07	5:31	29		464	10:08
Runde	2.00	11:11	5:35	60	5:16	464	5:16	6.00	33:18	5:32	29		463	15:24
Runde	2.00	11:32	5:46	61	5:37	472	5:37	8.00	44:50	5:36	29		462	21:01
Leichtathletikh	2.00	10:53	5:26	56	5:03	437	5:03	10.00	55:43	5:34	59	26:04	455	26:04