



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stange, Alexander

Club: SG Urbach

Number: 925

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:49

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 210 (of 686)

Rank in course/Men: 191 (of 543)

Best time in course: 29:39

Rank in category: 59(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|-------------------|-------|-------|------|--------|--------|------|-------|-------|-------|------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Runde | 2.00 | 10:35 | 5:17 | 93 | 4:10 | 346 | 4:33 | 2.00 | 10:35 | 5:17 | 47 | 4:10 | 157 | 4:33 |
| Runde | 2.00 | 9:23 | 4:41 | 68 | 2:51 | 227 | 3:26 | 4.00 | 19:58 | 4:59 | 46 | 7:01 | 156 | 7:59 |
| Runde | 2.00 | 9:14 | 4:36 | 53 | 2:34 | 178 | 3:19 | 6.00 | 29:12 | 4:51 | 46 | 9:35 | 155 | 11:18 |
| Runde | 2.00 | 9:04 | 4:31 | 37 | 2:36 | 131 | 3:09 | 8.00 | 38:16 | 4:46 | 46 | 12:11 | 154 | 14:27 |
| Leichtathletikhaf | 2.00 | 8:33 | 4:16 | 32 | 2:20 | 96 | 2:43 | 10.00 | 46:49 | 4:40 | 59 | 14:31 | 191 | 17:10 |