



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meding, Mirko

Club: Erfurt
Number: 1003

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 1:04:48

Speed: 9.26 km/h
Running performance: 6:29 min/km

Rank in course/Total: 664 (of 686)

Rank in course/Men: 530 (of 543)

Best time in course: 29:39

Rank in category: 135(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	13:29	6:44	134	7:04	538	7:27	2.00	13:29	6:44	109	7:04	435	7:27
Runde	2.00	13:17	6:38	135	6:45	538	7:20	4.00	26:46	6:41	118	13:49	468	14:47
Runde	2.00	13:02	6:30	133	6:22	532	7:07	6.00	39:48	6:37	108	20:11	432	21:54
Runde	2.00	12:47	6:23	135	6:19	528	6:52	8.00	52:35	6:34	118	26:30	466	28:46
Leichtathletikhah	2.00	12:13	6:06	133	6:00	517	6:23	10.00	1:04:48	6:28	135	32:30	530	35:09