



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Buchheim, Robert**

Club: Erfurt  
Number: 1428

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Männer (20-29 Jahre)

Total time: 1:00:00

Speed: 10.00 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 624 (of 686)

Rank in course/Men: 510 (of 543)

Best time in course: 29:39

Rank in category: 66(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	10:33	5:16	50	4:31	339	4:31	2.00	10:33	5:16	19		217	4:31
Runde	2.00	11:44	5:51	67	5:47	512	5:47	4.00	22:17	5:34	19		323	10:18
Runde	2.00	12:51	6:25	68	6:56	528	6:56	6.00	35:08	5:51	19	0:02	472	17:14
Runde	2.00	12:55	6:27	68	7:00	529	7:00	8.00	48:03	6:00	19	1:23	458	24:14
Leichtathletikh	2.00	11:57	5:58	66	6:07	512	6:07	10.00	1:00:00	6:00	66	30:21	510	30:21