



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fink, Christian

Club: Erfurt

Number: 1373

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:17

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 192 (of 686)

Rank in course/Men: 175 (of 543)

Best time in course: 29:39

Rank in category: 51(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	9:57	4:58	70	3:32	255	3:55	2.00	9:57	4:58	125	3:32	486	3:55
Runde	2.00	9:18	4:39	63	2:46	210	3:21	4.00	19:15	4:48	124	6:18	484	7:16
Runde	2.00	9:09	4:34	50	2:29	162	3:14	6.00	28:24	4:44	124	8:47	231	10:30
Runde	2.00	9:04	4:31	37	2:36	131	3:09	8.00	37:28	4:41	124	11:23	299	13:39
Leichtathletikhall	2.00	8:49	4:24	39	2:36	132	2:59	10.00	46:17	4:37	51	13:59	175	16:38