



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Prey, Marcel

Club: TSSC Erfurt

Number: 838

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 46:53

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 212 (of 686)

Rank in course/Men: 194 (of 543)

Best time in course: 29:39

Rank in category: 36(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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:46	4:53	39	3:44	227	3:44	2.00	9:46	4:53	26		178	3:44
Runde	2.00	8:52	4:26	30	2:55	146	2:55	4.00	18:38	4:39	26		124	6:39
Runde	2.00	9:03	4:31	30	3:08	146	3:08	6.00	27:41	4:36	26		118	9:47
Runde	2.00	9:24	4:42	35	3:29	188	3:29	8.00	37:05	4:38	26		297	13:16
Leichtathletikh	2.00	9:48	4:54	42	3:58	294	3:58	10.00	46:53	4:41	36	17:14	194	17:14