



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Köhler, Marcel

Club: Erfurt- Molsdorf

Number: 1621

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:00:01

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 625 (of 686)

Rank in course/Men: 511 (of 543)

Best time in course: 29:39

Rank in category: 131(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	12:26	6:13	131	6:01	519	6:24	2.00	12:26	6:13	127	6:01	495	6:24
Runde	2.00	11:51	5:55	130	5:19	517	5:54	4.00	24:17	6:04	126	11:20	339	12:18
Runde	2.00	11:51	5:55	128	5:11	506	5:56	6.00	36:08	6:01	126	16:31	492	18:14
Runde	2.00	12:02	6:00	131	5:34	511	6:07	8.00	48:10	6:01	126	22:05	491	24:21
Leichtathletikhäl	2.00	11:51	5:55	130	5:38	506	6:01	10.00	1:00:01	6:00	131	27:43	511	30:22