



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Braun, Gregor

Club: 1.FC Bocker

Number: 1461

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 191 (of 686)

Rank in course/Men: 174 (of 543)

Best time in course: 29:39

Rank in category: 50(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	10:02	5:00	72	3:37	265	4:00	2.00	10:02	5:00	68	3:37	244	4:00
Runde	2.00	9:05	4:32	52	2:33	177	3:08	4.00	19:07	4:46	130	6:10	511	7:08
Runde	2.00	9:09	4:34	50	2:29	162	3:14	6.00	28:16	4:42	130	8:39	510	10:22
Runde	2.00	9:05	4:32	40	2:37	134	3:10	8.00	37:21	4:40	130	11:16	509	13:32
Leichtathletikhaf	2.00	8:55	4:27	49	2:42	154	3:05	10.00	46:16	4:37	50	13:58	174	16:37