



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |