



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pennewiß, Jan

Club: Bad Tennstedt

Number: 1251

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 51:18

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 391 (of 686)

Rank in course/Men: 345 (of 543)

Best time in course: 29:39

Rank in category: 47(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	11:06	5:32	54	5:04	408	5:04	2.00	11:06	5:32	23		294	5:04
Runde	2.00	9:59	4:59	45	4:02	333	4:02	4.00	21:05	5:16	23		510	9:06
Runde	2.00	10:01	5:00	42	4:06	311	4:06	6.00	31:06	5:11	23		520	13:12
Runde	2.00	10:14	5:06	44	4:19	337	4:19	8.00	41:20	5:10	23		519	17:31
Leichtathletikh	2.00	9:58	4:59	46	4:08	326	4:08	10.00	51:18	5:07	47	21:39	345	21:39