



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nachmeldung

Number: 0

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:36

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 299 (of 686)

Rank in course/Men: 289 (of 543)

Best time in course: 29:39

Rank in category: 84(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	10:09	5:04	75	3:44	286	4:07	2.00	10:09	5:04	71	3:44	222	4:07
Runde	2.00	9:45	4:52	87	3:13	293	3:48	4.00	19:54	4:58	87	6:57	290	7:55
Runde	2.00	9:50	4:55	82	3:10	288	3:55	6.00	29:44	4:57	132	10:07	521	11:50
Runde	2.00	10:03	5:01	87	3:35	302	4:08	8.00	39:47	4:58	132	13:42	520	15:58
Leichtathletikhall	2.00	9:49	4:54	82	3:36	297	3:59	10.00	49:36	4:57	84	17:18	289	19:57