



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Filusch, Robert

Club: Erfurt

Number: 1381

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 45:30

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 173 (of 686)

Rank in course/Men: 157 (of 543)

Best time in course: 29:39

Rank in category: 32(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:10	4:34	29	3:08	151	3:08	2.00	9:10	4:34	22		137	3:08	
Runde	2.00	9:00	4:30	32	3:03	167	3:03	4.00	18:10	4:32	22		523	6:11	
Runde	2.00	9:10	4:34	33	3:15	169	3:15	6.00	27:20	4:33	22		522	9:26	
Runde	2.00	9:15	4:37	30	3:20	164	3:20	8.00	36:35	4:34	22		128	12:46	
Leichtathletikh	2.00	8:55	4:27	33	3:05	154	3:05	10.00	45:30	4:32	32	15:51	157	15:51	