



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bauchspieß, Mario

Club: Erfurt Büßleben

Number: 805

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:25

Speed: 12.93 km/h

Running performance: 4:38 min/km

Rank in course/Total: 199 (of 686)

Rank in course/Men: 182 (of 543)

Best time in course: 29:39

Rank in category: 55(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	8:51	4:25	33	2:26	116	2:49	2.00	8:51	4:25	134	2:26	511	2:49
Runde	2.00	9:00	4:30	50	2:28	167	3:03	4.00	17:51	4:27	133	4:54	100	5:52
Runde	2.00	9:24	4:42	64	2:44	213	3:29	6.00	27:15	4:32	133	7:38	144	9:21
Runde	2.00	9:41	4:50	71	3:13	243	3:46	8.00	36:56	4:36	133	10:51	525	13:07
Leichtathletikhaf	2.00	9:29	4:44	71	3:16	244	3:39	10.00	46:25	4:38	55	14:07	182	16:46