



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schwarz, Til Linus

Club: FC Rot Weiß Erfurt e.V.

Number: 1210

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 54:05

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 489 (of 686)

Rank in course/Men: 424 (of 543)

Best time in course: 29:39

Rank in category: 19(of 20)

Best time in the category: 32:24

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:58	5:29	16	4:33	383	4:56	2.00	10:58	5:29	2		428	4:56
Runde	2.00	10:12	5:05	16	3:40	374	4:15	4.00	21:10	5:17	2		277	9:11
Runde	2.00	11:23	5:41	20	4:43	481	5:28	6.00	32:33	5:25	2		351	14:39
Runde	2.00	11:42	5:50	20	5:14	482	5:47	8.00	44:15	5:31	2	0:48	527	20:26
Leichtathletikhall	2.00	9:50	4:55	12	3:31	302	4:00	10.00	54:05	5:24	19	21:41	424	24:26