



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Thon, Benjamin**

Club: Jena

Number: 1475

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:02:10

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 647 (of 686)

Rank in course/Men: 521 (of 543)

Best time in course: 29:39

Rank in category: 132(of 136)

Best time in the category: 32:18

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:30	5:45	118	5:05	444	5:28	2.00	11:30	5:45	67	5:05	236	5:28
Runde	2.00	11:52	5:56	131	5:20	518	5:55	4.00	23:22	5:50	135	10:25	538	11:23
Runde	2.00	13:14	6:36	135	6:34	535	7:19	6.00	36:36	6:06	135	16:59	537	18:42
Runde	2.00	12:46	6:23	133	6:18	526	6:51	8.00	49:22	6:10	135	23:17	536	25:33
Leichtathletikhaf	2.00	12:48	6:24	134	6:35	523	6:58	10.00	1:02:10	6:13	132	29:52	521	32:31