



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stöckert, Manuel

Club: TSV Ostheim

Number: 1189

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 29:39

Speed: 20.24 km/h

Running performance: 2:58 min/km

Rank in course/Total: 1 (of 686)

Rank in course/Men: 1 (of 543)

Best time in course: 29:39

Rank in category: 1(of 69)

Best time in the category: 29:39

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	6:02	3:00	1	-	1	-	2.00	6:02	3:00	62	-	1	-
Runde	2.00	5:57	2:58	1	-	1	-	4.00	11:59	2:59	62	-	1	-
Runde	2.00	5:55	2:57	1	-	1	-	6.00	17:54	2:58	62	-	1	-
Runde	2.00	5:55	2:57	1	-	1	-	8.00	23:49	2:58	62	-	1	-
Leichtathletikhaf	2.00	5:50	2:54	1	-	1	-	10.00	29:39	2:57	1	-	1	-