



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Popp, Theodor

Club: gera

Number: 813

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 33:25

Speed: 17.96 km/h

Running performance: 3:20 min/km

Rank in course/Total: 4 (of 686)

Rank in course/Men: 4 (of 543)

Best time in course: 29:39

Rank in category: 2(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	6:43	3:21	2	0:41	4	0:41	2.00	6:43	3:21	52		6	0:41
Runde	2.00	6:53	3:26	4	0:56	7	0:56	4.00	13:36	3:23	52		5	1:37
Runde	2.00	6:41	3:20	2	0:46	4	0:46	6.00	20:17	3:22	52		4	2:23
Runde	2.00	6:39	3:19	2	0:44	4	0:44	8.00	26:56	3:22	52		4	3:07
Leichtathletikhah	2.00	6:29	3:14	3	0:39	5	0:39	10.00	33:25	3:20	2	3:46	4	3:46