



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gielow, Robert

Club: München

Number: 966

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 34:20

Speed: 17.48 km/h

Running performance: 3:26 min/km

Rank in course/Total: 7 (of 686)

Rank in course/Men: 7 (of 543)

Best time in course: 29:39

Rank in category: 4(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	6:53	3:26	4	0:51	9	0:51	2.00	6:53	3:26	42		8	0:51
Runde	2.00	6:49	3:24	2	0:52	4	0:52	4.00	13:42	3:25	51		7	1:43
Runde	2.00	7:01	3:30	4	1:06	7	1:06	6.00	20:43	3:27	42		6	2:49
Runde	2.00	6:55	3:27	4	1:00	6	1:00	8.00	27:38	3:27	51		6	3:49
Leichtathletikhaf	2.00	6:42	3:21	5	0:52	8	0:52	10.00	34:20	3:26	4	4:41	7	4:41