



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Panse, Adrian

Club: USV Erfurt

Number: 829

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 35:42

Speed: 16.81 km/h

Running performance: 3:34 min/km

Rank in course/Total: 12 (of 686)

Rank in course/Men: 11 (of 543)

Best time in course: 29:39

Rank in category: 6(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		Total		Total ranking		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:07	3:33	9	1:05	18	1:05	2.00	7:07	3:33	50		11	1:05
Runde	2.00	7:10	3:35	8	1:13	14	1:13	4.00	14:17	3:34	50		10	2:18
Runde	2.00	7:16	3:38	6	1:21	11	1:21	6.00	21:33	3:35	50		9	3:39
Runde	2.00	7:14	3:37	6	1:19	11	1:19	8.00	28:47	3:35	50		9	4:58
Leichtathletikhall	2.00	6:55	3:27	7	1:05	11	1:05	10.00	35:42	3:34	6	6:03	11	6:03