



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Breuer, Max

Club: LAC Erfurt

Number: 1510

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 35:47

Speed: 16.77 km/h

Running performance: 3:35 min/km

Rank in course/Total: 13 (of 686)

Rank in course/Men: 12 (of 543)

Best time in course: 29:39

Rank in category: 7(of 69)

Best time in the category: 29:39

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	6:53	3:26	4	0:51	9	0:51	2.00	6:53	3:26	42		8	0:51
Runde	2.00	7:00	3:30	5	1:03	10	1:03	4.00	13:53	3:28	48		12	1:54
Runde	2.00	7:19	3:39	7	1:24	13	1:24	6.00	21:12	3:31	48		11	3:18
Runde	2.00	7:22	3:40	7	1:27	12	1:27	8.00	28:34	3:34	48		11	4:45
Leichtathletikhaf	2.00	7:13	3:36	8	1:23	13	1:23	10.00	35:47	3:34	7	6:08	12	6:08