



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leese, Daniel

Club: LAC

Number: 964

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 36:17

Speed: 16.54 km/h

Running performance: 3:38 min/km

Rank in course/Total: 16 (of 686)

Rank in course/Men: 15 (of 543)

Best time in course: 29:39

Rank in category: 3(of 20)

Best time in the category: 32:24

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	6:51	3:25	2	0:26	7	0:49	2.00	6:51	3:25	19		14	0:49
Runde	2.00	7:11	3:35	3	0:39	15	1:14	4.00	14:02	3:30	19		13	2:03
Runde	2.00	7:29	3:44	3	0:49	16	1:34	6.00	21:31	3:35	19		12	3:37
Runde	2.00	7:26	3:43	3	0:58	14	1:31	8.00	28:57	3:37	19		12	5:08
Leichtathletikhäl	2.00	7:20	3:39	3	1:01	16	1:30	10.00	36:17	3:37	3	3:53	15	6:38