



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fritsch, Alexander

Club: LSV Lok Arnstadt

Number: 1035

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 34:47

Speed: 17.25 km/h

Running performance: 3:29 min/km

Rank in course/Total: 9 (of 686)

Rank in course/Men: 9 (of 543)

Best time in course: 29:39

Rank in category: 5(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	6:52	3:25	3	0:50	8	0:50	2.00	6:52	3:25	47		16	0:50
Runde	2.00	7:00	3:30	5	1:03	10	1:03	4.00	13:52	3:28	47		15	1:53
Runde	2.00	7:05	3:32	5	1:10	9	1:10	6.00	20:57	3:29	47		14	3:03
Runde	2.00	7:02	3:30	5	1:07	8	1:07	8.00	27:59	3:29	47		14	4:10
Leichtathletikhah	2.00	6:48	3:23	6	0:58	9	0:58	10.00	34:47	3:28	5	5:08	9	5:08