



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Henkel, Tobias

Club: USV Erfurt

Number: 1162

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 36:48

Speed: 16.30 km/h

Running performance: 3:41 min/km

Rank in course/Total: 19 (of 686)

Rank in course/Men: 17 (of 543)

Best time in course: 29:39

Rank in category: 9(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		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	7:05	3:32	8	1:03	16	1:03	2.00	7:05	3:32	46		17	1:03	
Runde	2.00	7:20	3:39	9	1:23	17	1:23	4.00	14:25	3:36	46		16	2:26	
Runde	2.00	7:30	3:45	9	1:35	17	1:35	6.00	21:55	3:39	46		15	4:01	
Runde	2.00	7:31	3:45	9	1:36	17	1:36	8.00	29:26	3:40	46		15	5:37	
Leichtathletikhaf	2.00	7:22	3:40	9	1:32	17	1:32	10.00	36:48	3:40	9	7:09	17	7:09	