



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hirte, Daniel

Club: SV Sömmerda

Number: 951

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 35:58

Speed: 16.68 km/h

Running performance: 3:36 min/km

Rank in course/Total: 14 (of 686)

Rank in course/Men: 13 (of 543)

Best time in course: 29:39

Rank in category: 4(of 136)

Best time in the category: 32:18

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	6:53	3:26	4	0:28	9	0:51	2.00	6:53	3:26	6	0:28	8	0:51
Runde	2.00	7:07	3:33	4	0:35	13	1:10	4.00	14:00	3:30	5	1:03	17	2:01
Runde	2.00	7:16	3:38	4	0:36	11	1:21	6.00	21:16	3:32	5	1:39	16	3:22
Runde	2.00	7:24	3:42	4	0:56	13	1:29	8.00	28:40	3:35	5	2:35	16	4:51
Leichtathletikhaf	2.00	7:18	3:38	5	1:05	15	1:28	10.00	35:58	3:35	4	3:40	13	6:19