



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Greiner, Daniel**

Club: LV Sömmerda

Number: 601

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 37:48

Speed: 15.87 km/h

Running performance: 3:47 min/km

Rank in course/Total: 24 (of 686)

Rank in course/Men: 21 (of 543)

Best time in course: 29:39

Rank in category: 10(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               | 7:12       | 3:36         | 10       | 1:10        | 20          | 1:10       | 2.00     | 7:12       | 3:36          | 36       |             | 21      | 1:10       |  |
| Runde             | 2.00               | 7:28       | 3:44         | 10       | 1:31        | 20          | 1:31       | 4.00     | 14:40      | 3:39          | 36       |             | 14      | 2:41       |  |
| Runde             | 2.00               | 7:46       | 3:53         | 10       | 1:51        | 22          | 1:51       | 6.00     | 22:26      | 3:44          | 36       |             | 19      | 4:32       |  |
| Runde             | 2.00               | 7:46       | 3:53         | 10       | 1:51        | 20          | 1:51       | 8.00     | 30:12      | 3:46          | 36       |             | 19      | 6:23       |  |
| Leichtathletikhaf | 2.00               | 7:36       | 3:47         | 13       | 1:46        | 24          | 1:46       | 10.00    | 37:48      | 3:46          | 10       | 8:09        | 21      | 8:09       |  |