



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scholze, Alexander

Club: Triathlon Jena e.V.

Number: 1479

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 37:14

Speed: 16.11 km/h

Running performance: 3:43 min/km

Rank in course/Total: 21 (of 686)

Rank in course/Men: 18 (of 543)

Best time in course: 29:39

Rank in category: 6(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	6:56	3:28	5	0:31	14	0:54	2.00	6:56	3:28	7	0:31	22	0:54
Runde	2.00	7:29	3:44	6	0:57	21	1:32	4.00	14:25	3:36	6	1:28	16	2:26
Runde	2.00	7:38	3:49	6	0:58	19	1:43	6.00	22:03	3:40	6	2:26	20	4:09
Runde	2.00	7:37	3:48	6	1:09	18	1:42	8.00	29:40	3:42	6	3:35	20	5:51
Leichtathletikhäl	2.00	7:34	3:46	7	1:21	23	1:44	10.00	37:14	3:43	6	4:56	18	7:35