



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schneider, Robin

Club: TSV 1880 Gera-Zwötzen

Number: 815

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 34:05

Speed: 17.60 km/h

Running performance: 3:25 min/km

Rank in course/Total: 6 (of 686)

Rank in course/Men: 6 (of 543)

Best time in course: 29:39

Rank in category: 3(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	6:53	3:26	4	0:51	9	0:51	2.00	6:53	3:26	42		8	0:51
Runde	2.00	6:50	3:24	3	0:53	5	0:53	4.00	13:43	3:25	42		30	1:44
Runde	2.00	7:00	3:30	3	1:05	6	1:05	6.00	20:43	3:27	42		6	2:49
Runde	2.00	6:48	3:23	3	0:53	5	0:53	8.00	27:31	3:26	42		5	3:42
Leichtathletikhäl	2.00	6:34	3:16	4	0:44	7	0:44	10.00	34:05	3:24	3	4:26	6	4:26