



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krieger, Uwe

Club: Schwerborn

Number: 984

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:47

Speed: 15.08 km/h

Running performance: 3:59 min/km

Rank in course/Total: 42 (of 686)

Rank in course/Men: 37 (of 543)

Best time in course: 29:39

Rank in category: 13(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	8:04	4:01	17	1:39	62	2:02	2.00	8:04	4:01	11	1:39	34	2:02	
Runde	2.00	7:41	3:50	10	1:09	29	1:44	4.00	15:45	3:56	10	2:48	33	3:46	
Runde	2.00	7:55	3:57	11	1:15	29	2:00	6.00	23:40	3:56	10	4:03	32	5:46	
Runde	2.00	8:07	4:03	13	1:39	38	2:12	8.00	31:47	3:58	10	5:42	31	7:58	
Leichtathletikhall	2.00	8:00	4:00	16	1:47	47	2:10	10.00	39:47	3:58	13	7:29	37	10:08	