



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Klöppner, Norman

Club: Erfurt
Number: 1172

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 40:24

Speed: 14.85 km/h
Running performance: 4:02 min/km

Rank in course/Total: 46 (of 686)

Rank in course/Men: 41 (of 543)

Best time in course: 29:39

Rank in category: 13(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	7:52	3:55	17	1:50	45	1:50	2.00	7:52	3:55	41		43	1:50
Runde	2.00	8:04	4:01	13	2:07	43	2:07	4.00	15:56	3:59	41		42	3:57
Runde	2.00	8:09	4:04	13	2:14	41	2:14	6.00	24:05	4:00	41		41	6:11
Runde	2.00	8:19	4:09	15	2:24	47	2:24	8.00	32:24	4:02	41		40	8:35
Leichtathletikhall	2.00	8:00	4:00	15	2:10	47	2:10	10.00	40:24	4:02	13	10:45	41	10:45