



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Messerer, Christian

Club: Stadtwerke Erfurt

Number: 1109

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:05

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 56 (of 686)

Rank in course/Men: 50 (of 543)

Best time in course: 29:39

Rank in category: 18(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	9:41	4:50	60	3:16	210	3:39	2.00	9:41	4:50	17	3:16	50	3:39
Runde	2.00	7:57	3:58	14	1:25	39	2:00	4.00	17:38	4:24	16	4:41	49	5:39
Runde	2.00	7:47	3:53	7	1:07	23	1:52	6.00	25:25	4:14	16	5:48	48	7:31
Runde	2.00	7:55	3:57	9	1:27	28	2:00	8.00	33:20	4:10	16	7:15	47	9:31
Leichtathletikhall	2.00	7:45	3:52	10	1:32	32	1:55	10.00	41:05	4:06	18	8:47	50	11:26