



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fritsch, Steve

Club: Erfurt
Number: 1430

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 41:39

Speed: 14.41 km/h
Running performance: 4:10 min/km

Rank in course/Total: 60 (of 686)

Rank in course/Men: 54 (of 543)

Best time in course: 29:39

Rank in category: 19(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:46	4:23	30	2:21	108	2:44	2.00	8:46	4:23	19	2:21	52	2:44
Runde	2.00	8:22	4:11	26	1:50	71	2:25	4.00	17:08	4:16	18	4:11	51	5:09
Runde	2.00	8:18	4:09	18	1:38	49	2:23	6.00	25:26	4:14	18	5:49	50	7:32
Runde	2.00	8:22	4:11	17	1:54	52	2:27	8.00	33:48	4:13	18	7:43	49	9:59
Leichtathletikhall	2.00	7:51	3:55	11	1:38	37	2:01	10.00	41:39	4:09	19	9:21	54	12:00