



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 |