



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rosenstengel, tobias

Club: erfurt
Number: 1419

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 41:02

Speed: 14.62 km/h
Running performance: 4:06 min/km

Rank in course/Total: 55 (of 686)

Rank in course/Men: 49 (of 543)

Best time in course: 29:39

Rank in category: 17(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	8:15	4:07	19	1:50	73	2:13	2.00	8:15	4:07	21	1:50	58	2:13
Runde	2.00	8:04	4:01	15	1:32	43	2:07	4.00	16:19	4:04	20	3:22	57	4:20
Runde	2.00	8:19	4:09	20	1:39	51	2:24	6.00	24:38	4:06	20	5:01	56	6:44
Runde	2.00	8:23	4:11	18	1:55	54	2:28	8.00	33:01	4:07	20	6:56	55	9:12
Leichtathletikhall	2.00	8:01	4:00	17	1:48	49	2:11	10.00	41:02	4:06	17	8:44	49	11:23