



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Machalett, Tony

Club: Gräfenroda

Number: 1206

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 42:34

Speed: 14.10 km/h

Running performance: 4:16 min/km

Rank in course/Total: 84 (of 686)

Rank in course/Men: 76 (of 543)

Best time in course: 29:39

Rank in category: 18(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	7:51	3:55	16	1:49	42	1:49	2.00	7:51	3:55	37		37	1:49
Runde	2.00	8:25	4:12	20	2:28	77	2:28	4.00	16:16	4:03	37		59	4:17
Runde	2.00	8:38	4:18	20	2:43	94	2:43	6.00	24:54	4:08	37		49	7:00
Runde	2.00	9:00	4:30	25	3:05	119	3:05	8.00	33:54	4:14	37		71	10:05
Leichtathletikhäl	2.00	8:40	4:19	24	2:50	113	2:50	10.00	42:34	4:15	18	12:55	76	12:55