



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sparbrod, Moritz

Club: Erfurt
Number: 1490

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 41:50

Speed: 14.34 km/h
Running performance: 4:11 min/km

Rank in course/Total: 65 (of 686)

Rank in course/Men: 59 (of 543)

Best time in course: 29:39

Rank in category: 5(of 20)

Best time in the category: 32:24

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	8:39	4:19	6	2:14	94	2:37	2.00	8:39	4:19	17		79	2:37	
Runde	2.00	8:35	4:17	5	2:03	98	2:38	4.00	17:14	4:18	17		78	5:15	
Runde	2.00	8:30	4:15	5	1:50	72	2:35	6.00	25:44	4:17	17		77	7:50	
Runde	2.00	8:25	4:12	5	1:57	57	2:30	8.00	34:09	4:16	17		76	10:20	
Leichtathletikhalle	2.00	7:41	3:50	5	1:22	29	1:51	10.00	41:50	4:11	5	9:26	59	12:11	