



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schneider, Daniel

Club: Erfurt
Number: 1175

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 43:19

Speed: 13.85 km/h
Running performance: 4:20 min/km

Rank in course/Total: 106 (of 686)

Rank in course/Men: 97 (of 543)

Best time in course: 29:39

Rank in category: 6(of 20)

Best time in the category: 32:24

Intermediate times					Stage score				Total ranking					
Control	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	9:13	4:36	7	2:48	157	3:11	2.00	9:13	4:36	16		84	3:11
Runde	2.00	8:38	4:18	6	2:06	105	2:41	4.00	17:51	4:27	16		100	5:52
Runde	2.00	8:35	4:17	6	1:55	81	2:40	6.00	26:26	4:24	16		97	8:32
Runde	2.00	8:44	4:21	6	2:16	84	2:49	8.00	35:10	4:23	16		96	11:21
Leichtathletikhall	2.00	8:09	4:04	6	1:50	55	2:19	10.00	43:19	4:19	6	10:55	97	13:40