



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Niestroy, Andreas

Club: Altenfeld

Number: 1091

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:01

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 97 (of 686)

Rank in course/Men: 89 (of 543)

Best time in course: 29:39

Rank in category: 28(of 136)

Best time in the category: 32:18

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	8:18	4:09	20	1:53	77	2:16	2.00	8:18	4:09	28	1:53	102	2:16
Runde	2.00	8:49	4:24	43	2:17	136	2:52	4.00	17:07	4:16	27	4:10	101	5:08
Runde	2.00	8:49	4:24	33	2:09	114	2:54	6.00	25:56	4:19	27	6:19	100	8:02
Runde	2.00	8:37	4:18	26	2:09	74	2:42	8.00	34:33	4:19	27	8:28	90	10:44
Leichtathletikhaf	2.00	8:28	4:14	28	2:15	81	2:38	10.00	43:01	4:18	28	10:43	89	13:22