



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mucke, Alexander

Club: Erfurt
Number: 1625

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 43:53

Speed: 13.67 km/h
Running performance: 4:23 min/km

Rank in course/Total: 119 (of 686)

Rank in course/Men: 110 (of 543)

Best time in course: 29:39

Rank in category: 25(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:59	4:29	26	2:57	140	2:57	2.00	8:59	4:29	66		106	2:57
Runde	2.00	8:36	4:17	24	2:39	101	2:39	4.00	17:35	4:23	66		84	5:36
Runde	2.00	8:49	4:24	25	2:54	114	2:54	6.00	26:24	4:23	66		104	8:30
Runde	2.00	8:54	4:27	24	2:59	106	2:59	8.00	35:18	4:24	66		103	11:29
Leichtathletikh	2.00	8:35	4:17	22	2:45	104	2:45	10.00	43:53	4:23	25	14:14	110	14:14