



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knoche, Michael

Club: München

Number: 1016

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 43:19

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 107 (of 686)

Rank in course/Men: 97 (of 543)

Best time in course: 29:39

Rank in category: 23(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	9:45	4:52	38	3:43	223	3:43	2.00	9:45	4:52	65		107	3:43
Runde	2.00	8:23	4:11	18	2:26	75	2:26	4.00	18:08	4:31	65		106	6:09
Runde	2.00	8:24	4:12	17	2:29	58	2:29	6.00	26:32	4:25	65		105	8:38
Runde	2.00	8:31	4:15	17	2:36	64	2:36	8.00	35:03	4:22	65		104	11:14
Leichtathletikhäl	2.00	8:16	4:08	17	2:26	67	2:26	10.00	43:19	4:19	23	13:40	97	13:40