



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Schröder, Daniel**

Club: LG Sonneborn

Number: 900

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:46

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 115 (of 686)

Rank in course/Men: 106 (of 543)

Best time in course: 29:39

Rank in category: 31(of 136)

Best time in the category: 32:18

### 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               | 8:56       | 4:28         | 38       | 2:31        | 134         | 2:54       | 2.00     | 8:56       | 4:28          | 29       | 2:31        | 108     | 2:54       |
| Runde             | 2.00               | 8:44       | 4:21         | 38       | 2:12        | 122         | 2:47       | 4.00     | 17:40      | 4:25          | 28       | 4:43        | 107     | 5:41       |
| Runde             | 2.00               | 8:47       | 4:23         | 32       | 2:07        | 112         | 2:52       | 6.00     | 26:27      | 4:24          | 28       | 6:50        | 106     | 8:33       |
| Runde             | 2.00               | 8:50       | 4:25         | 28       | 2:22        | 96          | 2:55       | 8.00     | 35:17      | 4:24          | 28       | 9:12        | 105     | 11:28      |
| Leichtathletikhah | 2.00               | 8:29       | 4:14         | 29       | 2:16        | 85          | 2:39       | 10.00    | 43:46      | 4:22          | 31       | 11:28       | 106     | 14:07      |