



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Frießleben, Sven

Club: Jena

Number: 1797

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:04

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 121 (of 686)

Rank in course/Men: 111 (of 543)

Best time in course: 29:39

Rank in category: 32(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:42	4:20	28	2:17	100	2:40	2.00	8:42	4:20	31	2:17	116	2:40
Runde	2.00	8:38	4:18	32	2:06	105	2:41	4.00	17:20	4:19	30	4:23	91	5:21
Runde	2.00	8:42	4:20	29	2:02	101	2:47	6.00	26:02	4:20	30	6:25	85	8:08
Runde	2.00	9:05	4:32	40	2:37	134	3:10	8.00	35:07	4:23	30	9:02	113	11:18
Leichtathletikhaf	2.00	8:57	4:28	50	2:44	161	3:07	10.00	44:04	4:24	32	11:46	111	14:25