



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kerst, Alexander

Club: SV Empor Walschleben

Number: 1326

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:03

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 154 (of 686)

Rank in course/Men: 143 (of 543)

Best time in course: 29:39

Rank in category: 41(of 136)

Best time in the category: 32:18

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	64	3:20	223	3:43	2.00	9:45	4:52	33	3:20	107	3:43
Runde	2.00	8:48	4:24	42	2:16	131	2:51	4.00	18:33	4:38	32	5:36	119	6:34
Runde	2.00	9:08	4:33	48	2:28	159	3:13	6.00	27:41	4:36	32	8:04	118	9:47
Runde	2.00	8:59	4:29	35	2:31	118	3:04	8.00	36:40	4:34	32	10:35	117	12:51
Leichtathletikhall	2.00	8:23	4:11	25	2:10	73	2:33	10.00	45:03	4:30	41	12:45	143	15:24