



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Trinik, Jan

Club: Großfahner

Number: 851

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:16

Speed: 13.55 km/h

Running performance: 4:26 min/km

Rank in course/Total: 125 (of 686)

Rank in course/Men: 115 (of 543)

Best time in course: 29:39

Rank in category: 33(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	8:54	4:27	35	2:29	125	2:52	2.00	8:54	4:27	22	2:29	59	2:52
Runde	2.00	8:35	4:17	30	2:03	98	2:38	4.00	17:29	4:22	33	4:32	123	5:30
Runde	2.00	8:53	4:26	37	2:13	126	2:58	6.00	26:22	4:23	33	6:45	82	8:28
Runde	2.00	9:05	4:32	40	2:37	134	3:10	8.00	35:27	4:25	33	9:22	121	11:38
Leichtathletikhil	2.00	8:49	4:24	39	2:36	132	2:59	10.00	44:16	4:25	33	11:58	115	14:37