



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bachmann, Nico

Club: thermowave

Number: 1067

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 45:07

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 158 (of 686)

Rank in course/Men: 145 (of 543)

Best time in course: 29:39

Rank in category: 30(of 69)

Best time in the category: 29:39

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	9:14	4:36	30	3:12	159	3:12	2.00	9:14	4:36	53		126	3:12	
Runde	2.00	8:51	4:25	28	2:54	142	2:54	4.00	18:05	4:31	53		125	6:06	
Runde	2.00	9:00	4:30	28	3:05	137	3:05	6.00	27:05	4:30	53		124	9:11	
Runde	2.00	9:08	4:33	28	3:13	142	3:13	8.00	36:13	4:31	53		123	12:24	
Leichtathletikhaf	2.00	8:54	4:27	32	3:04	152	3:04	10.00	45:07	4:30	30	15:28	145	15:28	