



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kohl, Matthias

Club: Stadtwerke Erfurt

Number: 1107

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:51

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 143 (of 686)

Rank in course/Men: 133 (of 543)

Best time in course: 29:39

Rank in category: 37(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	8:47	4:23	32	2:22	111	2:45	2.00	8:47	4:23	38	2:22	136	2:45
Runde	2.00	8:39	4:19	33	2:07	109	2:42	4.00	17:26	4:21	37	4:29	135	5:27
Runde	2.00	9:04	4:31	44	2:24	148	3:09	6.00	26:30	4:25	37	6:53	134	8:36
Runde	2.00	9:17	4:38	52	2:49	170	3:22	8.00	35:47	4:28	37	9:42	91	11:58
Leichtathletikhaf	2.00	9:04	4:31	53	2:51	176	3:14	10.00	44:51	4:29	37	12:33	133	15:12