



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Klier, Daniel

Club: Klettbach

Number: 1269

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:28

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 169 (of 686)

Rank in course/Men: 154 (of 543)

Best time in course: 29:39

Rank in category: 44(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	8:29	4:14	23	2:04	86	2:27	2.00	8:29	4:14	39	2:04	139	2:27
Runde	2.00	9:07	4:33	56	2:35	182	3:10	4.00	17:36	4:24	38	4:39	117	5:37
Runde	2.00	9:21	4:40	61	2:41	203	3:26	6.00	26:57	4:29	38	7:20	137	9:03
Runde	2.00	9:25	4:42	56	2:57	192	3:30	8.00	36:22	4:32	38	10:17	136	12:33
Leichtathletikhah	2.00	9:06	4:32	54	2:53	181	3:16	10.00	45:28	4:32	44	13:10	154	15:49