



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Exner, Stephan

Club: Karnevalsverein Erfurt

Number: 1278

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:58

Speed: 13.96 km/h

Running performance: 4:18 min/km

Rank in course/Total: 96 (of 686)

Rank in course/Men: 88 (of 543)

Best time in course: 29:39

Rank in category: 27(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:57	4:28	39	2:32	137	2:55	2.00	8:57	4:28	40	2:32	110	2:55	
Runde	2.00	8:30	4:15	29	1:58	88	2:33	4.00	17:27	4:21	39	4:30	140	5:28	
Runde	2.00	8:29	4:14	23	1:49	68	2:34	6.00	25:56	4:19	27	6:19	100	8:02	
Runde	2.00	8:38	4:18	27	2:10	75	2:43	8.00	34:34	4:19	39	8:29	63	10:45	
Leichtathletikhalle	2.00	8:24	4:12	27	2:11	77	2:34	10.00	42:58	4:17	27	10:40	88	13:19	