



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hermanns, Til

Club: Buchow

Number: 811

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:33

Speed: 13.47 km/h

Running performance: 4:28 min/km

Rank in course/Total: 134 (of 686)

Rank in course/Men: 124 (of 543)

Best time in course: 29:39

Rank in category: 36(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:29	4:44	55	3:04	187	3:27	2.00	9:29	4:44	41	3:04	142	3:27
Runde	2.00	8:37	4:18	31	2:05	103	2:40	4.00	18:06	4:31	40	5:09	141	6:07
Runde	2.00	8:46	4:23	31	2:06	110	2:51	6.00	26:52	4:28	40	7:15	140	8:58
Runde	2.00	8:58	4:29	33	2:30	115	3:03	8.00	35:50	4:28	40	9:45	106	12:01
Leichtathletikh	2.00	8:43	4:21	36	2:30	119	2:53	10.00	44:33	4:27	36	12:15	124	14:54