



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hansmann, Christian

Club: Stadtwerke Erfurt

Number: 1110

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:56

Speed: 13.35 km/h

Running performance: 4:29 min/km

Rank in course/Total: 146 (of 686)

Rank in course/Men: 136 (of 543)

Best time in course: 29:39

Rank in category: 38(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	9:42	4:50	61	3:17	213	3:40	2.00	9:42	4:50	42	3:17	147	3:40
Runde	2.00	8:41	4:20	36	2:09	112	2:44	4.00	18:23	4:35	41	5:26	90	6:24
Runde	2.00	8:43	4:21	30	2:03	103	2:48	6.00	27:06	4:30	41	7:29	115	9:12
Runde	2.00	8:56	4:28	32	2:28	111	3:01	8.00	36:02	4:30	41	9:57	144	12:13
Leichtathletikh	2.00	8:54	4:27	48	2:41	152	3:04	10.00	44:56	4:29	38	12:38	136	15:17