



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Brachmann, Mirko

Club: SV Town & Country Bohringen/ Sonneborn
Number: 906

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 48:39

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 279 (of 686)

Rank in course/Men: 254 (of 543)

Best time in course: 29:39

Rank in category: 40(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:39	4:49	34	3:37	202	3:37	2.00	9:39	4:49	60		153	3:37
Runde	2.00	9:37	4:48	39	3:40	270	3:40	4.00	19:16	4:48	60		152	7:17
Runde	2.00	9:48	4:54	39	3:53	278	3:53	6.00	29:04	4:50	60		151	11:10
Runde	2.00	9:49	4:54	38	3:54	261	3:54	8.00	38:53	4:51	60		150	15:04
Leichtathletikhaf	2.00	9:46	4:53	41	3:56	284	3:56	10.00	48:39	4:51	40	19:00	254	19:00