



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schmidt, Christian

Club: Großschwabhausen

Number: 892

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 44:44

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 137 (of 686)

Rank in course/Men: 127 (of 543)

Best time in course: 29:39

Rank in category: 28(of 69)

Best time in the category: 29:39

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	8:20	4:10	21	2:18	80	2:18	2.00	8:20	4:10	59		159	2:18
Runde	2.00	8:54	4:27	31	2:57	155	2:57	4.00	17:14	4:18	59		78	5:15
Runde	2.00	9:09	4:34	32	3:14	162	3:14	6.00	26:23	4:23	59		157	8:29
Runde	2.00	9:15	4:37	30	3:20	164	3:20	8.00	35:38	4:27	59		156	11:49
Leichtathletikhäl	2.00	9:06	4:32	38	3:16	181	3:16	10.00	44:44	4:28	28	15:05	127	15:05