



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Roberts, Andrew

Club: Behringen

Number: 940

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:18

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 193 (of 686)

Rank in course/Men: 176 (of 543)

Best time in course: 29:39

Rank in category: 52(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	11:01	5:30	110	4:36	394	4:59	2.00	11:01	5:30	49	4:36	162	4:59
Runde	2.00	8:56	4:28	48	2:24	161	2:59	4.00	19:57	4:59	48	7:00	161	7:58
Runde	2.00	8:55	4:27	40	2:15	129	3:00	6.00	28:52	4:48	48	9:15	160	10:58
Runde	2.00	8:52	4:26	29	2:24	101	2:57	8.00	37:44	4:43	48	11:39	159	13:55
Leichtathletikh	2.00	8:34	4:16	34	2:21	98	2:44	10.00	46:18	4:37	52	14:00	176	16:39