



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jung, Danny

Club: GutsMuths RSLV

Number: 1219

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 45:12

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 161 (of 686)

Rank in course/Men: 148 (of 543)

Best time in course: 29:39

Rank in category: 31(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:01	4:30	28	2:59	143	2:59	2.00	9:01	4:30	58		168	2:59
Runde	2.00	9:05	4:32	33	3:08	177	3:08	4.00	18:06	4:31	58		141	6:07
Runde	2.00	9:06	4:32	31	3:11	152	3:11	6.00	27:12	4:31	58		166	9:18
Runde	2.00	9:07	4:33	27	3:12	140	3:12	8.00	36:19	4:32	58		116	12:30
Leichtathletikhaf	2.00	8:53	4:26	30	3:03	150	3:03	10.00	45:12	4:31	31	15:33	148	15:33