



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sommer, Erik

Club: Erfurt
Number: 1400

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 46:23

Speed: 12.94 km/h
Running performance: 4:38 min/km

Rank in course/Total: 197 (of 686)

Rank in course/Men: 180 (of 543)

Best time in course: 29:39

Rank in category: 33(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			Pos Behind		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:41	4:50	36	3:39	210	3:39	2.00	9:41	4:50	57		50	3:39
Runde	2.00	9:08	4:33	34	3:11	187	3:11	4.00	18:49	4:42	57		179	6:50
Runde	2.00	9:22	4:41	35	3:27	208	3:27	6.00	28:11	4:41	57		178	10:17
Runde	2.00	9:19	4:39	33	3:24	176	3:24	8.00	37:30	4:41	57		177	13:41
Leichtathletikhall	2.00	8:53	4:26	30	3:03	150	3:03	10.00	46:23	4:38	33	16:44	180	16:44