



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Greiner, Mario

Club: N3 Sportverein e.V.

Number: 1311

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:03

Speed: 12.23 km/h

Running performance: 4:54 min/km

Rank in course/Total: 294 (of 686)

Rank in course/Men: 267 (of 543)

Best time in course: 29:39

Rank in category: 76(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:27	5:13	88	4:02	320	4:25	2.00	10:27	5:13	56	4:02	192	4:25
Runde	2.00	9:31	4:45	79	2:59	256	3:34	4.00	19:58	4:59	46	7:01	156	7:59
Runde	2.00	9:43	4:51	74	3:03	263	3:48	6.00	29:41	4:56	55	10:04	190	11:47
Runde	2.00	9:55	4:57	77	3:27	274	4:00	8.00	39:36	4:57	55	13:31	189	15:47
Leichtathletikhaf	2.00	9:27	4:43	69	3:14	242	3:37	10.00	49:03	4:54	76	16:45	267	19:24