



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weiner, Jonas

Club: Suhler Pöllbergverein

Number: 975

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 50:07

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 333 (of 686)

Rank in course/Men: 302 (of 543)

Best time in course: 29:39

Rank in category: 12(of 20)

Best time in the category: 32:24

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:21	5:10	13	3:56	308	4:19	2.00	10:21	5:10	15		205	4:19
Runde	2.00	9:12	4:35	9	2:40	194	3:15	4.00	19:33	4:53	15		203	7:34
Runde	2.00	9:39	4:49	10	2:59	254	3:44	6.00	29:12	4:51	15		155	11:18
Runde	2.00	10:39	5:19	18	4:11	399	4:44	8.00	39:51	4:58	15		201	16:02
Leichtathletikhäl	2.00	10:16	5:08	19	3:57	368	4:26	10.00	50:07	5:00	12	17:43	302	20:28