



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Köhn, Philipp

Club: Erfurt

Number: 1500

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 48:09

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 257 (of 686)

Rank in course/Men: 233 (of 543)

Best time in course: 29:39

Rank in category: 37(of 69)

Best time in the category: 29:39

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	10:50	5:25	52	4:48	365	4:48	2.00	10:50	5:25	56		214	4:48	
Runde	2.00	9:48	4:54	42	3:51	299	3:51	4.00	20:38	5:09	56		212	8:39	
Runde	2.00	9:34	4:46	38	3:39	239	3:39	6.00	30:12	5:01	56		211	12:18	
Runde	2.00	9:15	4:37	30	3:20	164	3:20	8.00	39:27	4:55	56		210	15:38	
Leichtathletikhaf	2.00	8:42	4:20	26	2:52	117	2:52	10.00	48:09	4:48	37	18:30	233	18:30	