



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Räder, Christoph

Club: Laufladen Erfurt

Number: 2012

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 49:25

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 309 (of 686)

Rank in course/Men: 278 (of 543)

Best time in course: 29:39

Rank in category: 11(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	10:33	5:16	14	4:08	339	4:31	2.00	10:33	5:16	12		217	4:31
Runde	2.00	9:56	4:58	13	3:24	320	3:59	4.00	20:29	5:07	12		221	8:30
Runde	2.00	9:45	4:52	12	3:05	267	3:50	6.00	30:14	5:02	12		214	12:20
Runde	2.00	9:53	4:56	10	3:25	266	3:58	8.00	40:07	5:00	12		219	16:18
Leichtathletikhah	2.00	9:18	4:39	8	2:59	216	3:28	10.00	49:25	4:56	11	17:01	278	19:46