



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kunze, Matthias

Club: LSV Neunheiligen

Number: 921

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 49:33

Speed: 12.11 km/h

Running performance: 4:58 min/km

Rank in course/Total: 317 (of 686)

Rank in course/Men: 286 (of 543)

Best time in course: 29:39

Rank in category: 41(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	9:49	4:54	40	3:47	238	3:47	2.00	9:49	4:54	55		226	3:47	
Runde	2.00	9:56	4:58	44	3:59	320	3:59	4.00	19:45	4:56	55		224	7:46	
Runde	2.00	10:04	5:01	43	4:09	318	4:09	6.00	29:49	4:58	55		223	11:55	
Runde	2.00	10:01	5:00	42	4:06	295	4:06	8.00	39:50	4:58	55		199	16:01	
Leichtathletikhaf	2.00	9:43	4:51	40	3:53	279	3:53	10.00	49:33	4:57	41	19:54	286	19:54	