



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Michael

Club: Niedernissa

Number: 880

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:47

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 247 (of 686)

Rank in course/Men: 226 (of 543)

Best time in course: 29:39

Rank in category: 67(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	10:11	5:05	79	3:46	295	4:09	2.00	10:11	5:05	65	3:46	229	4:09
Runde	2.00	9:22	4:41	66	2:50	223	3:25	4.00	19:33	4:53	64	6:36	203	7:34
Runde	2.00	9:16	4:38	56	2:36	185	3:21	6.00	28:49	4:48	64	9:12	163	10:55
Runde	2.00	9:26	4:43	58	2:58	198	3:31	8.00	38:15	4:46	64	12:10	225	14:26
Leichtathletikhäl	2.00	9:32	4:46	74	3:19	255	3:42	10.00	47:47	4:46	67	15:29	226	18:08