



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ehrhardt, Sven

Club: Sonneborn

Number: 908

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 50:58

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 379 (of 686)

Rank in course/Men: 339 (of 543)

Best time in course: 29:39

Rank in category: 46(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:40	4:49	35	3:38	208	3:38	2.00	9:40	4:49	54		232	3:38
Runde	2.00	9:51	4:55	43	3:54	307	3:54	4.00	19:31	4:52	54		230	7:32
Runde	2.00	10:24	5:12	47	4:29	379	4:29	6.00	29:55	4:59	54		203	12:01
Runde	2.00	10:45	5:22	51	4:50	411	4:50	8.00	40:40	5:04	54		228	16:51
Leichtathletikh	2.00	10:18	5:09	48	4:28	378	4:28	10.00	50:58	5:05	46	21:19	339	21:19