



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Groß, David

Club: Erfurt
Number: 1760

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 52:32

Speed: 11.42 km/h
Running performance: 5:15 min/km

Rank in course/Total: 436 (of 686)

Rank in course/Men: 382 (of 543)

Best time in course: 29:39

Rank in category: 107(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	11:30	5:45	118	5:05	444	5:28	2.00	11:30	5:45	67	5:05	236	5:28
Runde	2.00	10:34	5:16	117	4:02	426	4:37	4.00	22:04	5:30	66	9:07	234	10:05
Runde	2.00	10:23	5:11	107	3:43	375	4:28	6.00	32:27	5:24	66	12:50	233	14:33
Runde	2.00	10:13	5:06	95	3:45	333	4:18	8.00	42:40	5:19	66	16:35	232	18:51
Leichtathletikhäl	2.00	9:52	4:56	87	3:39	311	4:02	10.00	52:32	5:15	107	20:14	382	22:53