



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kroschel, Alexander

Club: Erfurt
Number: 1186

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 50:47

Speed: 11.81 km/h
Running performance: 5:05 min/km

Rank in course/Total: 368 (of 686)

Rank in course/Men: 330 (of 543)

Best time in course: 29:39

Rank in category: 45(of 69)

Best time in the category: 29:39

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	10:31	5:15	47	4:29	332	4:29	2.00	10:31	5:15	17		235	4:29
Runde	2.00	10:02	5:00	47	4:05	339	4:05	4.00	20:33	5:08	17		216	8:34
Runde	2.00	10:10	5:04	45	4:15	334	4:15	6.00	30:43	5:07	17		245	12:49
Runde	2.00	10:08	5:03	43	4:13	316	4:13	8.00	40:51	5:06	17		244	17:02
Leichtathletikhall	2.00	9:56	4:58	45	4:06	318	4:06	10.00	50:47	5:04	45	21:08	330	21:08