



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kießling, Sven

Club: SV Thuringia Königsee

Number: 1203

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:10

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 454 (of 686)

Rank in course/Men: 398 (of 543)

Best time in course: 29:39

Rank in category: 109(of 136)

Best time in the category: 32:18

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	10:09	5:04	75	3:44	286	4:07	2.00	10:09	5:04	71	3:44	222	4:07
Runde	2.00	10:22	5:11	110	3:50	401	4:25	4.00	20:31	5:07	70	7:34	259	8:32
Runde	2.00	10:40	5:19	111	4:00	412	4:45	6.00	31:11	5:11	70	11:34	258	13:17
Runde	2.00	11:01	5:30	114	4:33	433	5:06	8.00	42:12	5:16	70	16:07	223	18:23
Leichtathletikhäl	2.00	10:58	5:29	116	4:45	445	5:08	10.00	53:10	5:18	109	20:52	398	23:31