



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knauth, Theo

Club: Gerüstbau Schneider

Number: 678

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:41

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 406 (of 686)

Rank in course/Men: 357 (of 543)

Best time in course: 29:39

Rank in category: 100(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	11:28	5:44	117	5:03	437	5:26	2.00	11:28	5:44	73	5:03	239	5:26
Runde	2.00	10:24	5:12	111	3:52	409	4:27	4.00	21:52	5:28	72	8:55	275	9:53
Runde	2.00	10:13	5:06	99	3:33	346	4:18	6.00	32:05	5:20	72	12:28	274	14:11
Runde	2.00	10:00	5:00	84	3:32	292	4:05	8.00	42:05	5:15	72	16:00	264	18:16
Leichtathletikhaf	2.00	9:36	4:47	78	3:23	266	3:46	10.00	51:41	5:10	100	19:23	357	22:02