



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heinrich, Andreas

Club: Elxleben

Number: 1285

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:46

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 517 (of 686)

Rank in course/Men: 442 (of 543)

Best time in course: 29:39

Rank in category: 117(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:53	5:26	103	4:28	373	4:51	2.00	10:53	5:26	61	4:28	218	4:51
Runde	2.00	10:14	5:06	105	3:42	378	4:17	4.00	21:07	5:16	74	8:10	280	9:08
Runde	2.00	11:04	5:31	121	4:24	450	5:09	6.00	32:11	5:21	74	12:34	279	14:17
Runde	2.00	11:29	5:44	123	5:01	470	5:34	8.00	43:40	5:27	74	17:35	278	19:51
Leichtathletikhall	2.00	11:06	5:32	119	4:53	454	5:16	10.00	54:46	5:28	117	22:28	442	25:07