



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Richard

Club: Oskars Läufer

Number: 1372

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 468 (of 686)

Rank in course/Men: 409 (of 543)

Best time in course: 29:39

Rank in category: 17(of 20)

Best time in the category: 32:24

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	11:49	5:54	18	5:24	482	5:47	2.00	11:49	5:54	1	-	283	5:47
Runde	2.00	10:38	5:18	17	4:06	433	4:41	4.00	22:27	5:36	1	-	281	10:28
Runde	2.00	10:33	5:16	17	3:53	400	4:38	6.00	33:00	5:30	1	-	280	15:06
Runde	2.00	10:27	5:13	15	3:59	359	4:32	8.00	43:27	5:25	1	-	279	19:38
Leichtathletikhäl	2.00	10:07	5:03	16	3:48	352	4:17	10.00	53:34	5:21	17	21:10	409	23:55