



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Roth, Christian**

Club: Erfurt  
Number: 1073

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M30 (30-39 Jahre)

Total time: 53:38

Speed: 11.19 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 471 (of 686)

Rank in course/Men: 412 (of 543)

Best time in course: 29:39

Rank in category: 111(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	11:39	5:49	123	5:14	460	5:37	2.00	11:39	5:49	77	5:14	195	5:37
Runde	2.00	10:40	5:19	121	4:08	441	4:43	4.00	22:19	5:34	76	9:22	256	10:20
Runde	2.00	10:20	5:10	105	3:40	372	4:25	6.00	32:39	5:26	76	13:02	285	14:45
Runde	2.00	10:32	5:15	104	4:04	376	4:37	8.00	43:11	5:23	76	17:06	258	19:22
Leichtathletikh	2.00	10:27	5:13	106	4:14	401	4:37	10.00	53:38	5:21	111	21:20	412	23:59