



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 |
| Leichtathletikhall | 2.00 | 10:27 | 5:13 | 106 | 4:14 | 401 | 4:37 | 10.00 | 53:38 | 5:21 | 111 | 21:20 | 412 | 23:59 |