



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wich, Marcel

Club: Annagram e.V. Laufend helfen

Number: 1444

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:10

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 492 (of 686)

Rank in course/Men: 427 (of 543)

Best time in course: 29:39

Rank in category: 114(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | | Total ranking | | | | | |
|--------------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|--|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Runde | 2.00 | 9:39 | 4:49 | 58 | 3:14 | 202 | 3:37 | 2.00 | 9:39 | 4:49 | 79 | 3:14 | 153 | 3:37 | |
| Runde | 2.00 | 10:36 | 5:17 | 118 | 4:04 | 428 | 4:39 | 4.00 | 20:15 | 5:03 | 77 | 7:18 | 295 | 8:16 | |
| Runde | 2.00 | 11:01 | 5:30 | 119 | 4:21 | 445 | 5:06 | 6.00 | 31:16 | 5:12 | 78 | 11:39 | 295 | 13:22 | |
| Runde | 2.00 | 11:21 | 5:40 | 122 | 4:53 | 460 | 5:26 | 8.00 | 42:37 | 5:19 | 78 | 16:32 | 294 | 18:48 | |
| Leichtathletikhall | 2.00 | 11:33 | 5:46 | 128 | 5:20 | 487 | 5:43 | 10.00 | 54:10 | 5:24 | 114 | 21:52 | 427 | 24:31 | |