



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kuppermann, Franz

Club: TSSC Erfurt

Number: 801

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 46:55

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 215 (of 686)

Rank in course/Men: 197 (of 543)

Best time in course: 29:39

Rank in category: 8(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:46	4:53	9	3:21	227	3:44	2.00	9:46	4:53	9		178	3:44
Runde	2.00	8:52	4:26	7	2:20	146	2:55	4.00	18:38	4:39	9		124	6:39
Runde	2.00	9:02	4:30	7	2:22	139	3:07	6.00	27:40	4:36	9		119	9:46
Runde	2.00	9:25	4:42	7	2:57	192	3:30	8.00	37:05	4:38	9		297	13:16
Leichtathletikhaf	2.00	9:50	4:55	12	3:31	302	4:00	10.00	46:55	4:41	8	14:31	197	17:16