



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Köhler, Joe

Club: Oskars Läufer

Number: 1332

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 53:35

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 470 (of 686)

Rank in course/Men: 411 (of 543)

Best time in course: 29:39

Rank in category: 18(of 20)

Best time in the category: 32:24

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	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	10:34	5:16	18	3:54	405	4:39	6.00	33:01	5:30	8	0:01	307	15:07
Runde	2.00	10:27	5:13	15	3:59	359	4:32	8.00	43:28	5:26	8	0:01	306	19:39
Leichtathletikhäl	2.00	10:07	5:03	16	3:48	352	4:17	10.00	53:35	5:21	18	21:11	411	23:56