



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Urbanneck, Oliver

Club: N3 Sportverein e.V.

Number: 1316

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:35

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 401 (of 686)

Rank in course/Men: 353 (of 543)

Best time in course: 29:39

Rank in category: 97(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Runde | 2.00 | 10:55 | 5:27 | 106 | 4:30 | 379 | 4:53 | 2.00 | 10:55 | 5:27 | 83 | 4:30 | 322 | 4:53 |
| Runde | 2.00 | 9:43 | 4:51 | 85 | 3:11 | 287 | 3:46 | 4.00 | 20:38 | 5:09 | 82 | 7:41 | 212 | 8:39 |
| Runde | 2.00 | 10:13 | 5:06 | 99 | 3:33 | 346 | 4:18 | 6.00 | 30:51 | 5:08 | 79 | 11:14 | 240 | 12:57 |
| Runde | 2.00 | 10:27 | 5:13 | 100 | 3:59 | 359 | 4:32 | 8.00 | 41:18 | 5:09 | 65 | 15:13 | 231 | 17:29 |
| Leichtathletikh | 2.00 | 10:17 | 5:08 | 101 | 4:04 | 374 | 4:27 | 10.00 | 51:35 | 5:09 | 97 | 19:17 | 353 | 21:56 |