



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Werneburg, Christian**

Club: Erfurt  
Number: 1174

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Männer (20-29 Jahre)

Total time: 58:01

Speed: 10.34 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 590 (of 686)

Rank in course/Men: 492 (of 543)

Best time in course: 29:39

Rank in category: 62(of 69)

Best time in the category: 29:39

### 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	12:17	6:08	66	6:15	512	6:15	2.00	12:17	6:08	1	-	323	6:15
Runde	2.00	11:28	5:44	65	5:31	498	5:31	4.00	23:45	5:56	1	-	321	11:46
Runde	2.00	11:21	5:40	63	5:26	479	5:26	6.00	35:06	5:51	1	-	320	17:12
Runde	2.00	11:34	5:46	62	5:39	473	5:39	8.00	46:40	5:49	1	-	319	22:51
Leichtathletikh	2.00	11:21	5:40	61	5:31	474	5:31	10.00	58:01	5:48	62	28:22	492	28:22