



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Becker, David

Club: Erfurt
Number: 1293

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 58:24

Speed: 10.27 km/h
Running performance: 5:50 min/km

Rank in course/Total: 596 (of 686)

Rank in course/Men: 494 (of 543)

Best time in course: 29:39

Rank in category: 128(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:48	5:54	125	5:23	480	5:46	2.00	11:48	5:54	84	5:23	324	5:46
Runde	2.00	11:31	5:45	128	4:59	502	5:34	4.00	23:19	5:49	83	10:22	322	11:20
Runde	2.00	11:33	5:46	126	4:53	492	5:38	6.00	34:52	5:48	83	15:15	321	16:58
Runde	2.00	11:45	5:52	128	5:17	489	5:50	8.00	46:37	5:49	83	20:32	320	22:48
Leichtathletikhall	2.00	11:47	5:53	129	5:34	500	5:57	10.00	58:24	5:50	128	26:06	494	28:45