



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Christoph

Club: SV Rot-Weiß Wiehe

Number: 1626

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:22

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 196 (of 686)

Rank in course/Men: 179 (of 543)

Best time in course: 29:39

Rank in category: 54(of 136)

Best time in the category: 32:18

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	10:06	5:02	74	3:41	275	4:04	2.00	10:06	5:02	85	3:41	275	4:04
Runde	2.00	9:07	4:33	56	2:35	182	3:10	4.00	19:13	4:48	84	6:16	330	7:14
Runde	2.00	9:06	4:32	45	2:26	152	3:11	6.00	28:19	4:43	84	8:42	329	10:25
Runde	2.00	9:15	4:37	50	2:47	164	3:20	8.00	37:34	4:41	84	11:29	328	13:45
Leichtathletikhall	2.00	8:48	4:24	38	2:35	129	2:58	10.00	46:22	4:38	54	14:04	179	16:43