



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fuchs, Ricardo

Club: Windischholzhausen 04

Number: 944

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 53:53

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 481 (of 686)

Rank in course/Men: 418 (of 543)

Best time in course: 29:39

Rank in category: 54(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	10:20	5:10	45	4:18	305	4:18	2.00	10:20	5:10	7		201	4:18
Runde	2.00	10:14	5:06	50	4:17	378	4:17	4.00	20:34	5:08	7		218	8:35
Runde	2.00	11:05	5:32	55	5:10	454	5:10	6.00	31:39	5:16	7		234	13:45
Runde	2.00	11:27	5:43	59	5:32	467	5:32	8.00	43:06	5:23	7		333	19:17
Leichtathletikh	2.00	10:47	5:23	54	4:57	429	4:57	10.00	53:53	5:23	54	24:14	418	24:14