



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fidelak, Peer

Club: Erfurt
Number: 949

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 57:03

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 571 (of 686)

Rank in course/Men: 478 (of 543)

Best time in course: 29:39

Rank in category: 61(of 69)

Best time in the category: 29:39

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	12:11	6:05	65	6:09	508	6:09	2.00	12:11	6:05	6		340	6:09
Runde	2.00	10:59	5:29	60	5:02	471	5:02	4.00	23:10	5:47	6		173	11:11
Runde	2.00	11:05	5:32	55	5:10	454	5:10	6.00	34:15	5:42	6		337	16:21
Runde	2.00	11:39	5:49	64	5:44	479	5:44	8.00	45:54	5:44	6		336	22:05
Leichtathletikhaf	2.00	11:09	5:34	59	5:19	460	5:19	10.00	57:03	5:42	61	27:24	478	27:24