



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zwenger, Jan

Club: Erfurt
Number: 816

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 44:56

Speed: 13.35 km/h
Running performance: 4:29 min/km

Rank in course/Total: 147 (of 686)

Rank in course/Men: 136 (of 543)

Best time in course: 29:39

Rank in category: 38(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:21	4:40	51	2:56	174	3:19	2.00	9:21	4:40	87	2:56	344	3:19	
Runde	2.00	8:40	4:19	35	2:08	111	2:43	4.00	18:01	4:30	42	5:04	126	6:02	
Runde	2.00	8:57	4:28	41	2:17	130	3:02	6.00	26:58	4:29	86	7:21	179	9:04	
Runde	2.00	9:06	4:32	43	2:38	137	3:11	8.00	36:04	4:30	86	9:59	340	12:15	
Leichtathletikhall	2.00	8:52	4:26	46	2:39	147	3:02	10.00	44:56	4:29	38	12:38	136	15:17	