



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kopun, Stefan

Club: Erfurt
Number: 990

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 56:11

Speed: 10.68 km/h
Running performance: 5:37 min/km

Rank in course/Total: 549 (of 686)

Rank in course/Men: 465 (of 543)

Best time in course: 29:39

Rank in category: 124(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:31	5:45	120	5:06	447	5:29	2.00	11:31	5:45	89	5:06	352	5:29
Runde	2.00	10:33	5:16	115	4:01	422	4:36	4.00	22:04	5:30	66	9:07	234	10:05
Runde	2.00	11:09	5:34	123	4:29	460	5:14	6.00	33:13	5:32	88	13:36	349	15:19
Runde	2.00	11:36	5:47	125	5:08	476	5:41	8.00	44:49	5:36	88	18:44	327	21:00
Leichtathletikhall	2.00	11:22	5:41	124	5:09	477	5:32	10.00	56:11	5:37	124	23:53	465	26:32