



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Grosser, Andre

Club: Erfurt
Number: 836

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 46:51

Speed: 12.81 km/h
Running performance: 4:41 min/km

Rank in course/Total: 211 (of 686)

Rank in course/Men: 193 (of 543)

Best time in course: 29:39

Rank in category: 35(of 69)

Best time in the category: 29:39

Intermediate times				Stage score				Total ranking						
Control	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	9:52	4:56	41	3:50	242	3:50	2.00	9:52	4:56	4		355	3:50
Runde	2.00	9:14	4:36	35	3:17	199	3:17	4.00	19:06	4:46	4		172	7:07
Runde	2.00	9:19	4:39	34	3:24	193	3:24	6.00	28:25	4:44	4		352	10:31
Runde	2.00	9:31	4:45	36	3:36	209	3:36	8.00	37:56	4:44	4		351	14:07
Leichtathletikh	2.00	8:55	4:27	33	3:05	154	3:05	10.00	46:51	4:41	35	17:12	193	17:12