



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Helbing, Frank

Club: GM Rennsteiglaufverein e.V.

Number: 1028

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:40

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 205 (of 686)

Rank in course/Men: 187 (of 543)

Best time in course: 29:39

Rank in category: 58(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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:12	4:35	46	2:47	155	3:10	2.00	9:12	4:35	91	2:47	363	3:10	
Runde	2.00	9:05	4:32	52	2:33	177	3:08	4.00	18:17	4:34	90	5:20	197	6:18	
Runde	2.00	9:16	4:38	56	2:36	185	3:21	6.00	27:33	4:35	90	7:56	360	9:39	
Runde	2.00	9:35	4:47	65	3:07	222	3:40	8.00	37:08	4:38	90	11:03	359	13:19	
Leichtathletikhaf	2.00	9:32	4:46	74	3:19	255	3:42	10.00	46:40	4:39	58	14:22	187	17:01	