



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stark, Ralf

Club: Arnstadt

Number: 974

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 50:22

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 349 (of 686)

Rank in course/Men: 315 (of 543)

Best time in course: 29:39

Rank in category: 15(of 20)

Best time in the category: 32:24

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	9:55	4:57	10	3:30	251	3:53	2.00	9:55	4:57	5		96	3:53
Runde	2.00	9:56	4:58	13	3:24	320	3:59	4.00	19:51	4:57	7		222	7:52
Runde	2.00	10:11	5:05	15	3:31	337	4:16	6.00	30:02	5:00	7		208	12:08
Runde	2.00	10:20	5:10	14	3:52	347	4:25	8.00	40:22	5:02	7		203	16:33
Leichtathletikhalle	2.00	10:00	5:00	15	3:41	331	4:10	10.00	50:22	5:02	15	17:58	315	20:43