



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eckold, Jörg

Club: Halle

Number: 1144

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:45

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 562 (of 686)

Rank in course/Men: 474 (of 543)

Best time in course: 29:39

Rank in category: 126(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	11:49	5:54	126	5:24	482	5:47	2.00	11:49	5:54	95	5:24	283	5:47
Runde	2.00	10:36	5:17	118	4:04	428	4:39	4.00	22:25	5:36	94	9:28	367	10:26
Runde	2.00	10:43	5:21	113	4:03	418	4:48	6.00	33:08	5:31	94	13:31	261	15:14
Runde	2.00	11:43	5:51	126	5:15	486	5:48	8.00	44:51	5:36	94	18:46	365	21:02
Leichtathletikhalle	2.00	11:54	5:57	131	5:41	508	6:04	10.00	56:45	5:40	126	24:27	474	27:06