



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nagel, Christian

Club: Erfurt

Number: 1463

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 53:38

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 472 (of 686)

Rank in course/Men: 412 (of 543)

Best time in course: 29:39

Rank in category: 52(of 69)

Best time in the category: 29:39

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	11:15	5:37	56	5:13	415	5:13	2.00	11:15	5:37	2		371	5:13
Runde	2.00	11:07	5:33	61	5:10	484	5:10	4.00	22:22	5:35	2		369	10:23
Runde	2.00	10:52	5:26	52	4:57	432	4:57	6.00	33:14	5:32	2		331	15:20
Runde	2.00	10:33	5:16	48	4:38	381	4:38	8.00	43:47	5:28	2		367	19:58
Leichtathletikh	2.00	9:51	4:55	44	4:01	307	4:01	10.00	53:38	5:21	52	23:59	412	23:59