



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weißhaar, Florian

Club: Berlin
Number: 1015

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 1:01:27

Speed: 9.76 km/h
Running performance: 6:08 min/km

Rank in course/Total: 643 (of 686)

Rank in course/Men: 520 (of 543)

Best time in course: 29:39

Rank in category: 67(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:45	5:52	62	5:43	474	5:43	2.00	11:45	5:52	35		380	5:43
Runde	2.00	11:20	5:40	63	5:23	494	5:23	4.00	23:05	5:46	35		378	11:06
Runde	2.00	13:04	6:31	69	7:09	534	7:09	6.00	36:09	6:01	35	1:03	377	18:15
Runde	2.00	12:55	6:27	68	7:00	529	7:00	8.00	49:04	6:08	35	2:24	376	25:15
Leichtathletikh	2.00	12:23	6:11	68	6:33	519	6:33	10.00	1:01:27	6:08	67	31:48	520	31:48