



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Becker, Steven

Club: Kleinbrüchter

Number: 1294

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 58:25

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 597 (of 686)

Rank in course/Men: 495 (of 543)

Best time in course: 29:39

Rank in category: 64(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	11:48	5:54	63	5:46	480	5:46	2.00	11:48	5:54	33		324	5:46
Runde	2.00	11:31	5:45	66	5:34	502	5:34	4.00	23:19	5:49	33		322	11:20
Runde	2.00	11:33	5:46	66	5:38	492	5:38	6.00	34:52	5:48	33		321	16:58
Runde	2.00	11:44	5:51	65	5:49	487	5:49	8.00	46:36	5:49	33		389	22:47
Leichtathletikhalle	2.00	11:49	5:54	64	5:59	503	5:59	10.00	58:25	5:50	64	28:46	495	28:46