



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Elstner, Marcus

Club: ThSV DT Bad Langensalza

Number: 1327

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 59:03

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 608 (of 686)

Rank in course/Men: 502 (of 543)

Best time in course: 29:39

Rank in category: 65(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	12:28	6:14	68	6:26	520	6:26	2.00	12:28	6:14	32	0:11	402	6:26
Runde	2.00	11:27	5:43	64	5:30	497	5:30	4.00	23:55	5:58	32	0:10	400	11:56
Runde	2.00	11:32	5:46	65	5:37	491	5:37	6.00	35:27	5:54	32	0:21	399	17:33
Runde	2.00	11:46	5:53	66	5:51	494	5:51	8.00	47:13	5:54	32	0:33	398	23:24
Leichtathletikhall	2.00	11:50	5:55	65	6:00	504	6:00	10.00	59:03	5:54	65	29:24	502	29:24