



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Trebes, Sven

Club: N3 Sportverein e.V.

Number: 1780

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:04

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 547 (of 686)

Rank in course/Men: 463 (of 543)

Best time in course: 29:39

Rank in category: 123(of 136)

Best time in the category: 32:18

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	10:55	5:27	106	4:30	379	4:53	2.00	10:55	5:27	83	4:30	322	4:53
Runde	2.00	10:33	5:16	115	4:01	422	4:36	4.00	21:28	5:21	99	8:31	401	9:29
Runde	2.00	12:02	6:00	130	5:22	513	6:07	6.00	33:30	5:34	99	13:53	291	15:36
Runde	2.00	11:34	5:46	124	5:06	473	5:39	8.00	45:04	5:38	99	18:59	399	21:15
Leichtathletikhall	2.00	11:00	5:30	117	4:47	449	5:10	10.00	56:04	5:36	123	23:46	463	26:25