



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Minack, Frank

Club: SV Olympia Neustadt

Number: 1207

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:25

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 431 (of 686)

Rank in course/Men: 377 (of 543)

Best time in course: 29:39

Rank in category: 104(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:32	5:46	122	5:07	450	5:30	2.00	11:32	5:46	102	5:07	408	5:30
Runde	2.00	10:11	5:05	103	3:39	371	4:14	4.00	21:43	5:25	101	8:46	352	9:44
Runde	2.00	10:14	5:06	101	3:34	349	4:19	6.00	31:57	5:19	101	12:20	405	14:03
Runde	2.00	10:08	5:03	90	3:40	316	4:13	8.00	42:05	5:15	72	16:00	264	18:16
Leichtathletikhäl	2.00	10:20	5:10	104	4:07	381	4:30	10.00	52:25	5:14	104	20:07	377	22:46