



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Daniel, Falko

Club: Erfurt

Number: 1458

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:06

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 332 (of 686)

Rank in course/Men: 301 (of 543)

Best time in course: 29:39

Rank in category: 86(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:59	5:29	108	4:34	385	4:57	2.00	10:59	5:29	106	4:34	421	4:57			
Runde	2.00	9:54	4:57	95	3:22	314	3:57	4.00	20:53	5:13	105	7:56	419	8:54			
Runde	2.00	9:52	4:56	86	3:12	297	3:57	6.00	30:45	5:07	73	11:08	251	12:51			
Runde	2.00	9:57	4:58	80	3:29	279	4:02	8.00	40:42	5:05	105	14:37	206	16:53			
Leichtathletikh	2.00	9:24	4:42	67	3:11	234	3:34	10.00	50:06	5:00	86	17:48	301	20:27			