



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Künzel, Martin

Club: TSV 1883 Benshausen

Number: 1423

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:48

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 408 (of 686)

Rank in course/Men: 359 (of 543)

Best time in course: 29:39

Rank in category: 101(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:23	5:41	116	4:58	425	5:21	2.00	11:23	5:41	121	4:58	305	5:21
Runde	2.00	10:12	5:05	104	3:40	374	4:15	4.00	21:35	5:23	120	8:38	476	9:36
Runde	2.00	10:03	5:01	91	3:23	316	4:08	6.00	31:38	5:16	120	12:01	277	13:44
Runde	2.00	10:10	5:04	91	3:42	323	4:15	8.00	41:48	5:13	120	15:43	474	17:59
Leichtathletikhaf	2.00	10:00	5:00	91	3:47	331	4:10	10.00	51:48	5:10	101	19:30	359	22:09