



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

von Eye, Wolfgang

Club: LTV Erfurt

Number: 1257

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 44:54

Speed: 13.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 145 (of 686)

Rank in course/Men: 135 (of 543)

Best time in course: 29:39

Rank in category: 29(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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:42	4:20	23	2:40	100	2:40	2.00	8:42	4:20	61		116	2:40
Runde	2.00	8:48	4:24	27	2:51	131	2:51	4.00	17:30	4:22	61		121	5:31
Runde	2.00	9:01	4:30	29	3:06	138	3:06	6.00	26:31	4:25	61		149	8:37
Runde	2.00	9:22	4:41	34	3:27	184	3:27	8.00	35:53	4:29	61		148	12:04
Leichtathletikhaf	2.00	9:01	4:30	36	3:11	169	3:11	10.00	44:54	4:29	29	15:15	135	15:15