



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Salzmann, Martin

Club: SVW Eisenach Triathlon

Number: 1329

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:02:39

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 652 (of 686)

Rank in course/Men: 524 (of 543)

Best time in course: 29:39

Rank in category: 133(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	13:30	6:45	136	7:05	540	7:28	2.00	13:30	6:45	101	7:05	404	7:28
Runde	2.00	12:41	6:20	132	6:09	530	6:44	4.00	26:11	6:32	100	13:14	402	14:12
Runde	2.00	12:37	6:18	132	5:57	526	6:42	6.00	38:48	6:27	100	19:11	401	20:54
Runde	2.00	12:30	6:15	132	6:02	521	6:35	8.00	51:18	6:24	100	25:13	400	27:29
Leichtathletikhal	2.00	11:21	5:40	123	5:08	474	5:31	10.00	1:02:39	6:15	133	30:21	524	33:00