



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eichhorn, Lars-Erik

Club: Pro-RWE.Die Nachwuchspaten e. V.
Number: 1375

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 55:25

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 532 (of 686)

Rank in course/Men: 452 (of 543)

Best time in course: 29:39

Rank in category: 58(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | | Total ranking | | | | |
|-------------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|
| | 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 | 10:32 | 5:15 | 48 | 4:30 | 335 | 4:30 | 2.00 | 10:32 | 5:15 | 28 | | 237 | 4:30 |
| Runde | 2.00 | 10:52 | 5:26 | 59 | 4:55 | 463 | 4:55 | 4.00 | 21:24 | 5:20 | 31 | | 298 | 9:25 |
| Runde | 2.00 | 11:12 | 5:35 | 61 | 5:17 | 466 | 5:17 | 6.00 | 32:36 | 5:26 | 31 | | 427 | 14:42 |
| Runde | 2.00 | 11:15 | 5:37 | 57 | 5:20 | 449 | 5:20 | 8.00 | 43:51 | 5:28 | 31 | | 291 | 20:02 |
| Leichtathletikhaf | 2.00 | 11:34 | 5:46 | 63 | 5:44 | 488 | 5:44 | 10.00 | 55:25 | 5:32 | 58 | 25:46 | 452 | 25:46 |