



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