



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Maternowski, Christian

Club: N3 Sportverein e.V.

Number: 1310

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:59

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 253 (of 686)

Rank in course/Men: 231 (of 543)

Best time in course: 29:39

Rank in category: 68(of 136)

Best time in the category: 32:18

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	10:27	5:13	88	4:02	320	4:25	2.00	10:27	5:13	56	4:02	192	4:25
Runde	2.00	9:30	4:45	75	2:58	250	3:33	4.00	19:57	4:59	48	7:00	161	7:58
Runde	2.00	9:34	4:46	70	2:54	239	3:39	6.00	29:31	4:55	113	9:54	421	11:37
Runde	2.00	9:36	4:47	67	3:08	226	3:41	8.00	39:07	4:53	113	13:02	454	15:18
Leichtathletikhäl	2.00	8:52	4:26	46	2:39	147	3:02	10.00	47:59	4:47	68	15:41	231	18:20