



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lelitko, Nils

Club: SVB- Hüfingen

Number: 1292

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 46:42

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 207 (of 686)

Rank in course/Men: 189 (of 543)

Best time in course: 29:39

Rank in category: 34(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:21	4:40	31	3:19	174	3:19	2.00	9:21	4:40	25			344	3:19
Runde	2.00	9:18	4:39	36	3:21	210	3:21	4.00	18:39	4:39	25			184	6:40
Runde	2.00	9:28	4:44	37	3:33	221	3:33	6.00	28:07	4:41	25			391	10:13
Runde	2.00	9:33	4:46	37	3:38	217	3:38	8.00	37:40	4:42	25			489	13:51
Leichtathletikh	2.00	9:02	4:30	37	3:12	172	3:12	10.00	46:42	4:40	34	17:03		189	17:03