



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lamprecht, Robert

Club: Regensburg

Number: 589

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 21:02

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 214 (of 477)

Rank in course/Men: 167 (of 315)

Best time in course: 12:17

Rank in category: 14(of 28)

Best time in the category: 12:20

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	11:00	5:30	19	4:54	207	5:00	2.00	11:00	5:30	16	0:08	135	5:00
Leichtathletikhalle	2.00	10:02	5:00	15	3:48	145	3:48	4.00	21:02	5:15	14	8:42	167	8:45