



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Aßmann, Martin

Club: Laufladen Erfurt

Number: 78

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:35

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 306 (of 477)

Rank in course/Men: 231 (of 315)

Best time in course: 12:17

Rank in category: 34 (of 54)

Best time in the category: 12:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:40	5:49	33	5:40	237	5:40	2.00	11:40	5:49	24		139	5:40
Leichtathletikhalle	2.00	10:55	5:27	39	4:38	218	4:41	4.00	22:35	5:38	34	10:18	231	10:18