



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lugerth, Steven

Club: Martinroda

Number: 322

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 28:05

Speed: 8.55 km/h

Running performance: 7:01 min/km

Rank in course/Total: 461 (of 477)

Rank in course/Men: 311 (of 315)

Best time in course: 12:17

Rank in category: 28(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	12:42	6:20	27	6:36	293	6:42	2.00	12:42	6:20	6	1:50	189	6:42
Leichtathletikhalle	2.00	15:23	7:41	28	9:09	313	9:09	4.00	28:05	7:01	28	15:45	311	15:48