



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Martin, Kai

Club: Erfurt
Number: 1264

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 37:49

Speed: 15.87 km/h
Running performance: 3:47 min/km

Rank in course/Total: 25 (of 686)

Rank in course/Men: 22 (of 543)

Best time in course: 29:39

Rank in category: 7(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	7:13	3:36	6	0:48	22	1:11	2.00	7:13	3:36	9	0:48	24	1:11	
Runde	2.00	7:30	3:45	7	0:58	22	1:33	4.00	14:43	3:40	8	1:46	27	2:44	
Runde	2.00	7:47	3:53	7	1:07	23	1:52	6.00	22:30	3:45	8	2:53	26	4:36	
Runde	2.00	7:47	3:53	7	1:19	21	1:52	8.00	30:17	3:47	8	4:12	26	6:28	
Leichtathletikhall	2.00	7:32	3:46	6	1:19	21	1:42	10.00	37:49	3:46	7	5:31	22	8:10	