



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lützkemeier, Sven

Club: LTV Erfurt

Number: 1366

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:49

Speed: 14.70 km/h

Running performance: 4:05 min/km

Rank in course/Total: 52 (of 686)

Rank in course/Men: 46 (of 543)

Best time in course: 29:39

Rank in category: 14(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Runde | 2.00 | 7:52 | 3:55 | 14 | 1:27 | 45 | 1:50 | 2.00 | 7:52 | 3:55 | 15 | 1:27 | 43 | 1:50 |
| Runde | 2.00 | 8:04 | 4:01 | 15 | 1:32 | 43 | 2:07 | 4.00 | 15:56 | 3:59 | 14 | 2:59 | 42 | 3:57 |
| Runde | 2.00 | 8:17 | 4:08 | 17 | 1:37 | 48 | 2:22 | 6.00 | 24:13 | 4:02 | 14 | 4:36 | 46 | 6:19 |
| Runde | 2.00 | 8:28 | 4:14 | 22 | 2:00 | 60 | 2:33 | 8.00 | 32:41 | 4:05 | 14 | 6:36 | 45 | 8:52 |
| Leichtathletikhaf | 2.00 | 8:08 | 4:03 | 19 | 1:55 | 53 | 2:18 | 10.00 | 40:49 | 4:04 | 14 | 8:31 | 46 | 11:10 |