



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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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