



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lux, Martin

Club: USV Erfurt

Number: 1622

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 44:18

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 126 (of 686)

Rank in course/Men: 116 (of 543)

Best time in course: 29:39

Rank in category: 26(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:32	4:46	33	3:30	192	3:30	2.00	9:32	4:46	68		91	3:30
Runde	2.00	8:51	4:25	28	2:54	142	2:54	4.00	18:23	4:35	68		90	6:24
Runde	2.00	8:51	4:25	26	2:56	118	2:56	6.00	27:14	4:32	68		89	9:20
Runde	2.00	8:47	4:23	19	2:52	91	2:52	8.00	36:01	4:30	68		88	12:12
Leichtathletikhaf	2.00	8:17	4:08	18	2:27	68	2:27	10.00	44:18	4:25	26	14:39	116	14:39