



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knoll, Martin

Club: LG Bad Frankenhausen / Göllingen

Number: 1620

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 42:03

Speed: 14.27 km/h

Running performance: 4:12 min/km

Rank in course/Total: 70 (of 686)

Rank in course/Men: 64 (of 543)

Best time in course: 29:39

Rank in category: 16(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
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Runde	2.00	7:25	3:42	12	1:23	28	1:23	2.00	7:25	3:42	63		114	1:23
Runde	2.00	8:20	4:10	17	2:23	67	2:23	4.00	15:45	3:56	63		33	3:46
Runde	2.00	8:39	4:19	21	2:44	95	2:44	6.00	24:24	4:03	63		112	6:30
Runde	2.00	8:50	4:25	20	2:55	96	2:55	8.00	33:14	4:09	63		111	9:25
Leichtathletikhaf	2.00	8:49	4:24	27	2:59	132	2:59	10.00	42:03	4:12	16	12:24	64	12:24