



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

von Eye, Wolfgang

Club: LTV Erfurt

Number: 1257

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 44:54

Speed: 13.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 145 (of 686)

Rank in course/Men: 135 (of 543)

Best time in course: 29:39

Rank in category: 29(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 ranking | | | | | | |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 8:42 | 4:20 | 23 | 2:40 | 100 | 2:40 | 2.00 | 8:42 | 4:20 | 61 | | 116 | 2:40 |
| Runde | 2.00 | 8:48 | 4:24 | 27 | 2:51 | 131 | 2:51 | 4.00 | 17:30 | 4:22 | 61 | | 121 | 5:31 |
| Runde | 2.00 | 9:01 | 4:30 | 29 | 3:06 | 138 | 3:06 | 6.00 | 26:31 | 4:25 | 61 | | 149 | 8:37 |
| Runde | 2.00 | 9:22 | 4:41 | 34 | 3:27 | 184 | 3:27 | 8.00 | 35:53 | 4:29 | 61 | | 148 | 12:04 |
| Leichtathletikhaf | 2.00 | 9:01 | 4:30 | 36 | 3:11 | 169 | 3:11 | 10.00 | 44:54 | 4:29 | 29 | 15:15 | 135 | 15:15 |