



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Nadstawek, Martin**

Club: Erfurt  
Number: 1242

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Männer (20-29 Jahre)

Total time: 52:54

Speed: 11.34 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 445 (of 686)

Rank in course/Men: 390 (of 543)

Best time in course: 29:39

Rank in category: 49(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:32	5:15	48	4:30	335	4:30	2.00	10:32	5:15	28		237	4:30
Runde	2.00	10:17	5:08	51	4:20	389	4:20	4.00	20:49	5:12	13		235	8:50
Runde	2.00	10:50	5:25	51	4:55	429	4:55	6.00	31:39	5:16	7		234	13:45
Runde	2.00	10:28	5:14	46	4:33	366	4:33	8.00	42:07	5:15	28		233	18:18
Leichtathletikhah	2.00	10:47	5:23	54	4:57	429	4:57	10.00	52:54	5:17	49	23:15	390	23:15