



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Podzuweit, Lukas

Club: Weimar
Number: 1353

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Männer (20-29 Jahre)

Total time: 58:04

Speed: 10.33 km/h
Running performance: 5:49 min/km

Rank in course/Total: 591 (of 686)

Rank in course/Men: 493 (of 543)

Best time in course: 29:39

Rank in category: 63(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	12:25	6:12	67	6:23	517	6:23	2.00	12:25	6:12	9	0:08	326	6:23
Runde	2.00	11:44	5:51	67	5:47	512	5:47	4.00	24:09	6:02	9	0:24	324	12:10
Runde	2.00	11:19	5:39	62	5:24	475	5:24	6.00	35:28	5:54	9	0:22	323	17:34
Runde	2.00	11:29	5:44	60	5:34	470	5:34	8.00	46:57	5:52	9	0:17	322	23:08
Leichtathletikhaf	2.00	11:07	5:33	58	5:17	456	5:17	10.00	58:04	5:48	63	28:25	493	28:25