



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seiler, Christian

Club: Rennsteiglaufverein

Number: 594

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 12:17

Speed: 19.54 km/h

Running performance: 3:04 min/km

Rank in course/Total: 1 (of 477)

Rank in course/Men: 1 (of 315)

Best time in course: 12:17

Rank in category: 1(of 54)

Best time in the category: 12:17

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	6:00	3:00	1	-	1	-	2.00	6:00	3:00	42		1	-
Leichtathletikhal	2.00	6:17	3:08	1	-	3	0:03	4.00	12:17	3:04	1	-	1	-