



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heinz, Philipp

Club: LTV Erfurt

Number: 559

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 14:36

Speed: 16.44 km/h

Running performance: 3:39 min/km

Rank in course/Total: 20 (of 477)

Rank in course/Men: 18 (of 315)

Best time in course: 12:17

Rank in category: 5(of 28)

Best time in the category: 12:20

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	7:08	3:34	5	1:02	19	1:08	2.00	7:08	3:34	19		17	1:08
Leichtathletikhalle	2.00	7:28	3:44	5	1:14	18	1:14	4.00	14:36	3:38	5	2:16	18	2:19