



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Borgwardt, Stefan

Club: LSV 90 Bad Langensalza

Number: 619

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:16

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 229 (of 477)

Rank in course/Men: 182 (of 315)

Best time in course: 12:17

Rank in category: 32(of 67)

Best time in the category: 13:52

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	11:44	5:51	52	4:57	241	5:44	2.00	11:44	5:51	54	0:25	111	5:44
Leichtathletikhalle	2.00	9:32	4:46	21	2:27	114	3:18	4.00	21:16	5:18	32	7:24	182	8:59