



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rode, Michael

Club: LTV Erfurt

Number: 104

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M60 (60-69 Jahre)

Total time: 20:45

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 195 (of 477)

Rank in course/Men: 157 (of 315)

Best time in course: 12:17

Rank in category: 5(of 11)

Best time in the category: 16:51

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	10:20	5:10	3	1:49	148	4:20	2.00	10:20	5:10	3	1:16	112	4:20
Leichtathletikhalle	2.00	10:25	5:12	6	2:05	176	4:11	4.00	20:45	5:11	5	3:54	157	8:28