



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Niodus, Gerald

Club: Medizin Erfurt

Number: 586

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 20:52

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 201 (of 477)

Rank in course/Men: 161 (of 315)

Best time in course: 12:17

Rank in category: 18(of 35)

Best time in the category: 15:11

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	10:59	5:29	25	4:42	206	4:59	2.00	10:59	5:29	31	0:16	133	4:59
Leichtathletikhäl	2.00	9:53	4:56	15	2:11	137	3:39	4.00	20:52	5:13	18	5:41	161	8:35