



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Helbig, Hagen

Club: Erfurt
Number: 229

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M50 (50-59 Jahre)

Total time: 24:01

Speed: 9.99 km/h

Running performance: 6:00 min/km

Rank in course/Total: 379 (of 477)

Rank in course/Men: 270 (of 315)

Best time in course: 12:17

Rank in category: 31(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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	12:13	6:06	31	5:56	265	6:13	2.00	12:13	6:06	33	1:30	145	6:13	
Leichtathletikhalle	2.00	11:48	5:54	31	4:06	268	5:34	4.00	24:01	6:00	31	8:50	270	11:44	