



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hennig, Johannes

Club: Erfurt
Number: 139

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Männer (20-29 Jahre)

Total time: 21:26

Speed: 11.20 km/h
Running performance: 5:22 min/km

Rank in course/Total: 233 (of 477)

Rank in course/Men: 184 (of 315)

Best time in course: 12:17

Rank in category: 17(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.	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	10:52	5:26	17	4:46	185	4:52	2.00	10:52	5:26	1	-	153	4:52
Leichtathletikhalle	2.00	10:34	5:16	19	4:20	189	4:20	4.00	21:26	5:21	17	9:06	184	9:09