



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wichmann, Stefan

Club: Erfurt
Number: 216

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:01

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 330 (of 477)

Rank in course/Men: 242 (of 315)

Best time in course: 12:17

Rank in category: 37(of 54)

Best time in the category: 12:17

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	11:47	5:53	37	5:47	243	5:47	2.00	11:47	5:53	54		163	5:47
Leichtathletikhalle	2.00	11:14	5:36	43	4:57	238	5:00	4.00	23:01	5:45	37	10:44	242	10:44