



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wiese, Swen

Club: Erfurt

Number: 119

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:42

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 253 (of 477)

Rank in course/Men: 199 (of 315)

Best time in course: 12:17

Rank in category: 37(of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:21	5:40	48	4:34	222	5:21	2.00	11:21	5:40	27	0:02	169	5:21
Leichtathletikhalle	2.00	10:21	5:10	34	3:16	173	4:07	4.00	21:42	5:25	37	7:50	199	9:25