



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gluschak, Uwe

Club: Erfurt

Number: 217

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:33

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 240 (of 477)

Rank in course/Men: 188 (of 315)

Best time in course: 12:17

Rank in category: 22(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:57	5:28	24	4:40	200	4:57	2.00	10:57	5:28	10	0:14	171	4:57
Leichtathletikhalle	2.00	10:36	5:17	22	2:54	191	4:22	4.00	21:33	5:23	22	6:22	188	9:16