



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Porzelt, Dominik

Club: Mühlhausen

Number: 293

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 16:34

Speed: 14.49 km/h

Running performance: 4:08 min/km

Rank in course/Total: 55 (of 477)

Rank in course/Men: 49 (of 315)

Best time in course: 12:17

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:19	4:09	6	2:19	62	2:19	2.00	8:19	4:09	31		22	2:19
Leichtathletikh	2.00	8:15	4:07	7	1:58	44	2:01	4.00	16:34	4:08	6	4:17	49	4:17