



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lippe-Küster, Rainer

Club: Hamburg

Number: 181

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:44

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 258 (of 477)

Rank in course/Men: 201 (of 315)

Best time in course: 12:17

Rank in category: 39(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	11:02	5:30	44	4:15	209	5:02	2.00	11:02	5:30	15		176	5:02
Leichtathletikh	2.00	10:42	5:20	40	3:37	199	4:28	4.00	21:44	5:26	39	7:52	201	9:27