



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schmidt, Harald

Club: TV Friesen Telgte

Number: 53

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 23:54

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 371 (of 477)

Rank in course/Men: 267 (of 315)

Best time in course: 12:17

Rank in category: 30(of 35)

Best time in the category: 15:11

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	12:20	6:10	32	6:03	275	6:20	2.00	12:20	6:10	2	1:37	179	6:20
Leichtathletikh	2.00	11:34	5:46	30	3:52	256	5:20	4.00	23:54	5:58	30	8:43	267	11:37