



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schönknecht, Mario

Club: ZSG Waltershausen

Number: 81

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:28

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 51 (of 477)

Rank in course/Men: 46 (of 315)

Best time in course: 12:17

Rank in category: 6 (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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:06	4:02	6	1:19	44	2:06	2.00	8:06	4:02	50		26	2:06
Leichtathletikhalle	2.00	8:22	4:11	7	1:17	52	2:08	4.00	16:28	4:06	6	2:36	46	4:11