



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schallert, Marc

Club: Erfurt

Number: 614

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

Männer (20-29 Jahre)

Total time: 22:26

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 298 (of 477)

Rank in course/Men: 227 (of 315)

Best time in course: 12:17

Rank in category: 21(of 28)

Best time in the category: 12:20

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	11:43	5:51	23	5:37	240	5:43	2.00	11:43	5:51	13	0:51	196	5:43
Leichtathletikhalle	2.00	10:43	5:21	21	4:29	201	4:29	4.00	22:26	5:36	21	10:06	227	10:09