



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Paasch, Felix

Club: Erfurt
Number: 348

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:
Männer (20-29 Jahre)

Total time: 22:31

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 302 (of 477)

Rank in course/Men: 229 (of 315)

Best time in course: 12:17

Rank in category: 23(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. | 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 | 12:29 | 6:14 | 26 | 6:23 | 282 | 6:29 | 2.00 | 12:29 | 6:14 | 12 | 1:37 | 197 | 6:29 |
| Leichtathletikhalle | 2.00 | 10:02 | 5:00 | 15 | 3:48 | 145 | 3:48 | 4.00 | 22:31 | 5:37 | 23 | 10:11 | 229 | 10:14 |