



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Buchterkirchen, Frank

Club: Einer für Alle, Alle für Einen

Number: 631

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:09

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 386 (of 477)

Rank in course/Men: 276 (of 315)

Best time in course: 12:17

Rank in category: 46(of 54)

Best time in the category: 12:17

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	12:18	6:09	45	6:18	273	6:18	2.00	12:18	6:09	6		202	6:18
Leichtathletikhäl	2.00	11:51	5:55	46	5:34	270	5:37	4.00	24:09	6:02	46	11:52	276	11:52