



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rady, Dirk

Club: TC Erfurt 93

Number: 699

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:27

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 394 (of 477)

Rank in course/Men: 282 (of 315)

Best time in course: 12:17

Rank in category: 60(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	12:41	6:20	62	5:54	290	6:41	2.00	12:41	6:20	7	1:22	209	6:41
Leichtathletikhalle	2.00	11:46	5:53	56	4:41	266	5:32	4.00	24:27	6:06	60	10:35	282	12:10