



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Beyer, Holger

Club: Oberrissa

Number: 338

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:54

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 406 (of 477)

Rank in course/Men: 289 (of 315)

Best time in course: 12:17

Rank in category: 62(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	12:11	6:05	58	5:24	262	6:11	2.00	12:11	6:05	6	0:52	211	6:11
Leichtathletikhalle	2.00	12:43	6:21	63	5:38	290	6:29	4.00	24:54	6:13	62	11:02	289	12:37