



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Engelhardt, Herfried

Club: Lengefeld

Number: 611

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M60 (60-69 Jahre)

Total time: 23:18

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 352 (of 477)

Rank in course/Men: 256 (of 315)

Best time in course: 12:17

Rank in category: 9(of 11)

Best time in the category: 16:51

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	11:59	5:59	8	3:28	254	5:59	2.00	11:59	5:59	8	2:55	215	5:59
Leichtathletikhalle	2.00	11:19	5:39	9	2:59	241	5:05	4.00	23:18	5:49	9	6:27	256	11:01