



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reiper, Gerhard

Club: LTV Erfurt

Number: 179

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M70 (70 und älter Jahre)

Total time: 24:35

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 398 (of 477)

Rank in course/Men: 285 (of 315)

Best time in course: 12:17

Rank in category: 7(of 9)

Best time in the category: 18:49

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	12:27	6:13	7	3:15	281	6:27	2.00	12:27	6:13	5		220	6:27
Leichtathletikhalle	2.00	12:08	6:03	7	2:31	278	5:54	4.00	24:35	6:08	7	5:46	285	12:18