



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schrader, Rainer

Club: Erfurt
Number: 691

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M50 (50-59 Jahre)

Total time: 22:15

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 288 (of 477)

Rank in course/Men: 221 (of 315)

Best time in course: 12:17

Rank in category: 25 (of 35)

Best time in the category: 15:11

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:09	5:34	26	4:52	212	5:09	2.00	11:09	5:34	7	0:26	226	5:09
Leichtathletikhalle	2.00	11:06	5:32	26	3:24	231	4:52	4.00	22:15	5:33	25	7:04	221	9:58