



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weinert, Michael

Club: Erfurt

Number: 609

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 21:03

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 216 (of 477)

Rank in course/Men: 169 (of 315)

Best time in course: 12:17

Rank in category: 15(of 28)

Best time in the category: 12:20

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	10:27	5:13	15	4:21	156	4:27	2.00	10:27	5:13	9		131	4:27
Leichtathletikhalle	2.00	10:36	5:17	20	4:22	191	4:22	4.00	21:03	5:15	15	8:43	169	8:46