



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Maik

Club: Erfurt

Number: 79

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 28:12

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 463 (of 477)

Rank in course/Men: 312 (of 315)

Best time in course: 12:17

Rank in category: 53(of 54)

Best time in the category: 12:17

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	14:13	7:06	54	8:13	314	8:13	2.00	14:13	7:06	11	0:42	237	8:13
Leichtathletikhah	2.00	13:59	6:59	53	7:42	310	7:45	4.00	28:12	7:02	53	15:55	312	15:55