



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hillebrand, Josef

Club: TUS 13 Hembsen

Number: 336

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 24:25

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 393 (of 477)

Rank in course/Men: 281 (of 315)

Best time in course: 12:17

Rank in category: 33(of 35)

Best time in the category: 15:11

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	12:31	6:15	33	6:14	284	6:31	2.00	12:31	6:15	9	1:48	247	6:31
Leichtathletikhaf	2.00	11:54	5:57	32	4:12	273	5:40	4.00	24:25	6:06	33	9:14	281	12:08