



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Walter, Mirko

Club: München

Number: 23

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:39

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 249 (of 477)

Rank in course/Men: 195 (of 315)

Best time in course: 12:17

Rank in category: 28(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:58	5:29	26	4:58	203	4:58	2.00	10:58	5:29	14		213	4:58
Leichtathletikhalle	2.00	10:41	5:20	30	4:24	197	4:27	4.00	21:39	5:24	28	9:22	195	9:22