



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Habermann, Andreas

Club: FC Weissensee 03

Number: 31

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:14

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 227 (of 477)

Rank in course/Men: 180 (of 315)

Best time in course: 12:17

Rank in category: 27(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	10:32	5:15	20	4:32	158	4:32	2.00	10:32	5:15	16		251	4:32
Leichtathletikhalle	2.00	10:42	5:20	31	4:25	199	4:28	4.00	21:14	5:18	27	8:57	180	8:57