



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Siegemund, Peter

Club: Alterbergen

Number: 256

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M60 (60-69 Jahre)

Total time: 21:11

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 226 (of 477)

Rank in course/Men: 178 (of 315)

Best time in course: 12:17

Rank in category: 6(of 11)

Best time in the category: 16:51

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	10:55	5:27	6	2:24	195	4:55	2.00	10:55	5:27	9	1:51	117	4:55
Leichtathletikhalle	2.00	10:16	5:08	4	1:56	164	4:02	4.00	21:11	5:17	6	4:20	178	8:54