



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pidde, Waldemar

Club: LG Ohra Hörsel

Number: 40

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

Senioren M70 (70 und älter Jahre)

Total time: 23:03

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 332 (of 477)

Rank in course/Men: 245 (of 315)

Best time in course: 12:17

Rank in category: 4 (of 9)

Best time in the category: 18:49

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	11:28	5:44	4	2:16	227	5:28	2.00	11:28	5:44	6		265	5:28
Leichtathletikhalle	2.00	11:35	5:47	5	1:58	257	5:21	4.00	23:03	5:45	4	4:14	245	10:46