



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Vedder, Stephan**

Club: Orlishausen

Number: 135

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:11

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 346 (of 477)

Rank in course/Men: 253 (of 315)

Best time in course: 12:17

Rank in category: 41 (of 54)

Best time in the category: 12:17

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	12:11	6:05	40	6:11	262	6:11	2.00	12:11	6:05	19		211	6:11
Leichtathletikhalle	2.00	11:00	5:30	40	4:43	223	4:46	4.00	23:11	5:47	41	10:54	253	10:54