



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lamprecht, Uwe

Club: Amberg

Number: 510

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 16:41

Speed: 14.39 km/h

Running performance: 4:10 min/km

Rank in course/Total: 66 (of 477)

Rank in course/Men: 57 (of 315)

Best time in course: 12:17

Rank in category: 5 (of 35)

Best time in the category: 15:11

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	8:23	4:11	6	2:06	65	2:23	2.00	8:23	4:11	14		67	2:23
Leichtathletikhalle	2.00	8:18	4:09	3	0:36	47	2:04	4.00	16:41	4:10	5	1:30	57	4:24