



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eberlein, Rainer

Club: impuls erfurt

Number: 199

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M60 (60-69 Jahre)

Total time: 20:37

Speed: 11.64 km/h

Running performance: 5:09 min/km

Rank in course/Total: 189 (of 477)

Rank in course/Men: 153 (of 315)

Best time in course: 12:17

Rank in category: 3(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.	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	10:20	5:10	3	1:49	148	4:20	2.00	10:20	5:10	3	1:16	112	4:20
Leichtathletikhalle	2.00	10:17	5:08	5	1:57	165	4:03	4.00	20:37	5:09	3	3:46	153	8:20