



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Idaszek, Frank

Club: Hilden

Number: 686

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

Senioren M30 (30-39 Jahre)

Total time: 18:25

Speed: 13.03 km/h

Running performance: 4:36 min/km

Rank in course/Total: 115 (of 477)

Rank in course/Men: 99 (of 315)

Best time in course: 12:17

Rank in category: 12(of 54)

Best time in the category: 12:17

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	9:40	4:49	16	3:40	122	3:40	2.00	9:40	4:49	33		39	3:40
Leichtathletikhalle	2.00	8:45	4:22	12	2:28	79	2:31	4.00	18:25	4:36	12	6:08	99	6:08