



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kawe, Stefan

Club: Erfurt
Number: 520

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:03

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 383 (of 477)

Rank in course/Men: 272 (of 315)

Best time in course: 12:17

Rank in category: 58(of 67)

Best time in the category: 13:52

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	12:23	6:11	60	5:36	279	6:23	2.00	12:23	6:11	24	1:04	181	6:23
Leichtathletikh	2.00	11:40	5:49	55	4:35	259	5:26	4.00	24:03	6:00	58	10:11	272	11:46