



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schulz, Dieter

Club: Martinroda

Number: 288

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 28:22

Speed: 8.46 km/h

Running performance: 7:05 min/km

Rank in course/Total: 465 (of 477)

Rank in course/Men: 313 (of 315)

Best time in course: 12:17

Rank in category: 35(of 35)

Best time in the category: 15:11

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	12:45	6:22	34	6:28	296	6:45	2.00	12:45	6:22	16	2:02	294	6:45
Leichtathletikhaf	2.00	15:37	7:48	35	7:55	314	9:23	4.00	28:22	7:05	35	13:11	313	16:05