



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Allstädt, Markus

Club: Erfurt

Number: 2

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:48

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 161 (of 477)

Rank in course/Men: 130 (of 315)

Best time in course: 12:17

Rank in category: 17(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	9:36	4:47	15	3:36	117	3:36	2.00	9:36	4:47	23		296	3:36
Leichtathletikhalle	2.00	10:12	5:05	23	3:55	158	3:58	4.00	19:48	4:57	17	7:31	130	7:31