



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Röske, Dirk

Club: Erfurt
Number: 503

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:41

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 252 (of 477)

Rank in course/Men: 197 (of 315)

Best time in course: 12:17

Rank in category: 36(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	10:37	5:18	28	3:50	161	4:37	2.00	10:37	5:18	21		114	4:37
Leichtathletikhalle	2.00	11:04	5:31	49	3:59	226	4:50	4.00	21:41	5:25	36	7:49	197	9:24