



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Teitge, Lutz

Club: SC impuls

Number: 303

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 20:40

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 193 (of 477)

Rank in course/Men: 156 (of 315)

Best time in course: 12:17

Rank in category: 2(of 9)

Best time in the category: 18:49

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	10:22	5:11	3	1:10	151	4:22	2.00	10:22	5:11	9		113	4:22
Leichtathletikh	2.00	10:18	5:09	2	0:41	169	4:04	4.00	20:40	5:10	2	1:51	156	8:23