



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lepa, Rick

Club: Erfurt

Number: 50

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:29

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 182 (of 477)

Rank in course/Men: 148 (of 315)

Best time in course: 12:17

Rank in category: 21(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.	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	10:50	5:25	24	4:50	178	4:50	2.00	10:50	5:25	21		134	4:50
Leichtathletikhalle	2.00	9:39	4:49	19	3:22	125	3:25	4.00	20:29	5:07	21	8:12	148	8:12