



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ehrhardt, Lars

Club: Sparkasse Mittelthüringen

Number: 162

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelthüringen

Category:

Männer (20-29 Jahre)

Total time: 21:27

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 235 (of 477)

Rank in course/Men: 185 (of 315)

Best time in course: 12:17

Rank in category: 18(of 28)

Best time in the category: 12:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:39	5:49	21	5:33	233	5:39	2.00	11:39	5:49	2	0:47	162	5:39
Leichtathletikhäl	2.00	9:48	4:54	13	3:34	132	3:34	4.00	21:27	5:21	18	9:07	185	9:10