



## 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

### Detailed evaluation

**Reinhard, Daniel**

Club: Eschenbach

Number: 87

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 17:36

Speed: 13.64 km/h

Running performance: 4:24 min/km

Rank in course/Total: 92 (of 477)

Rank in course/Men: 81 (of 315)

Best time in course: 12:17

Rank in category: 10(of 54)

Best time in the category: 12:17

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 8:58          | 4:29            | 9           | 2:58           | 89         | 2:58          | 2.00        | 8:58          | 4:29            | 37          |                | 63         | 2:58          |
| Leichtathletikhalle | 2.00        | 8:38          | 4:18            | 9           | 2:21           | 70         | 2:24          | 4.00        | 17:36         | 4:24            | 10          | 5:19           | 81         | 5:19          |