



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Carl, Rene

Club: Erfurt

Number: 32

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 17:39

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 94 (of 477)

Rank in course/Men: 82 (of 315)

Best time in course: 12:17

Rank in category: 11(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 | 8:58 | 4:29 | 9 | 2:58 | 89 | 2:58 | 2.00 | 8:58 | 4:29 | 37 | | 63 | 2:58 |
| Leichtathletikhah | 2.00 | 8:41 | 4:20 | 11 | 2:24 | 74 | 2:27 | 4.00 | 17:39 | 4:24 | 11 | 5:22 | 82 | 5:22 |