



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bauer, Matthias

Club: delicioussign

Number: 627

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 14:42

Speed: 16.33 km/h

Running performance: 3:41 min/km

Rank in course/Total: 21 (of 477)

Rank in course/Men: 19 (of 315)

Best time in course: 12:17

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	7:03	3:31	4	1:03	16	1:03	2.00	7:03	3:31	39		74	1:03
Leichtathletikhah	2.00	7:39	3:49	5	1:22	25	1:25	4.00	14:42	3:40	4	2:25	19	2:25