



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weber, Tino

Club: Erfurt
Number: 496

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:33

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 153 (of 477)

Rank in course/Men: 123 (of 315)

Best time in course: 12:17

Rank in category: 15(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	9:20	4:40	13	3:20	105	3:20	2.00	9:20	4:40	43		89	3:20
Leichtathletikhah	2.00	10:13	5:06	24	3:56	160	3:59	4.00	19:33	4:53	15	7:16	123	7:16