



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen

Number: 282

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 15:11

Speed: 15.81 km/h

Running performance: 3:48 min/km

Rank in course/Total: 28 (of 477)

Rank in course/Men: 26 (of 315)

Best time in course: 12:17

Rank in category: 1 (of 35)

Best time in the category: 15:11

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	7:29	3:44	2	1:12	27	1:29	2.00	7:29	3:44	24		90	1:29
Leichtathletikh	2.00	7:42	3:51	1	-	28	1:28	4.00	15:11	3:47	1	-	26	2:54