



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gentzel, Philipp

Club: Erfurter LAC

Number: 690

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 13:48

Speed: 17.39 km/h

Running performance: 3:27 min/km

Rank in course/Total: 9 (of 477)

Rank in course/Men: 9 (of 315)

Best time in course: 12:17

Rank in category: 4 (of 28)

Best time in the category: 12:20

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	6:47	3:23	4	0:41	9	0:47	2.00	6:47	3:23	26		9	0:47
Leichtathletikhalle	2.00	7:01	3:30	4	0:47	11	0:47	4.00	13:48	3:27	4	1:28	9	1:31