



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 |