



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Brill, Uwe

Club: LTV Erfurt

Number: 5

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 18:47

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 127 (of 477)

Rank in course/Men: 106 (of 315)

Best time in course: 12:17

Rank in category: 9(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	9:09	4:34	10	2:52	94	3:09	2.00	9:09	4:34	25		92	3:09
Leichtathletikhalle	2.00	9:38	4:48	11	1:56	124	3:24	4.00	18:47	4:41	9	3:36	106	6:30