



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Raabe, Andreas

Club: Geraberg

Number: 242

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 19:11

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 139 (of 477)

Rank in course/Men: 111 (of 315)

Best time in course: 12:17

Rank in category: 10(of 35)

Best time in the category: 15:11

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	9:29	4:44	11	3:12	111	3:29	2.00	9:29	4:44	26		93	3:29
Leichtathletikhah	2.00	9:42	4:50	12	2:00	128	3:28	4.00	19:11	4:47	10	4:00	111	6:54