



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meyer, Olaf

Club: FSV 1950 Gotha

Number: 302

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:28

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 52 (of 477)

Rank in course/Men: 46 (of 315)

Best time in course: 12:17

Rank in category: 6 (of 67)

Best time in the category: 13:52

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	8:16	4:08	9	1:29	58	2:16	2.00	8:16	4:08	37		94	2:16
Leichtathletikh	2.00	8:12	4:05	5	1:07	42	1:58	4.00	16:28	4:06	6	2:36	46	4:11