



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stöhr, Michael

Club: Erfurt
Number: 299

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 19:33

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 154 (of 477)

Rank in course/Men: 123 (of 315)

Best time in course: 12:17

Rank in category: 11(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	9:56	4:58	12	3:39	134	3:56	2.00	9:56	4:58	27		96	3:56
Leichtathletikhäl	2.00	9:37	4:48	10	1:55	120	3:23	4.00	19:33	4:53	11	4:22	123	7:16