



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meyer, Steffen

Club: Rennsteiglaufverein/LG Süd
Number: 193

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 13:52

Speed: 17.31 km/h

Running performance: 3:28 min/km

Rank in course/Total: 10 (of 477)

Rank in course/Men: 10 (of 315)

Best time in course: 12:17

Rank in category: 1 (of 67)

Best time in the category: 13:52

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	1	-	9	0:47	2.00	6:47	3:23	52		9	0:47
Leichtathletikhäl	2.00	7:05	3:32	1	-	12	0:51	4.00	13:52	3:28	1	-	10	1:35