



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stange, Mario

Club: Rennsteiglaufverein

Number: 507

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:09

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 219 (of 477)

Rank in course/Men: 172 (of 315)

Best time in course: 12:17

Rank in category: 30(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	10:55	5:27	38	4:08	195	4:55	2.00	10:55	5:27	55		117	4:55
Leichtathletikhah	2.00	10:14	5:06	29	3:09	162	4:00	4.00	21:09	5:17	30	7:17	172	8:52