



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rink, Ronny

Club: FC Union Mühlhausen

Number: 604

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:34

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 185 (of 477)

Rank in course/Men: 151 (of 315)

Best time in course: 12:17

Rank in category: 25(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	10:44	5:21	30	3:57	169	4:44	2.00	10:44	5:21	56		118	4:44
Leichtathletikhäl	2.00	9:50	4:55	23	2:45	134	3:36	4.00	20:34	5:08	25	6:42	151	8:17