



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stopel, Michael

Club: Sömmerda

Number: 562

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:07

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 172 (of 477)

Rank in course/Men: 140 (of 315)

Best time in course: 12:17

Rank in category: 18(of 54)

Best time in the category: 12:17

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 | 10:08 | 5:03 | 19 | 4:08 | 140 | 4:08 | 2.00 | 10:08 | 5:03 | 44 | | 121 | 4:08 |
| Leichtathletikhäl | 2.00 | 9:59 | 4:59 | 20 | 3:42 | 143 | 3:45 | 4.00 | 20:07 | 5:01 | 18 | 7:50 | 140 | 7:50 |