



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 Mittelhungenlocher

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