



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reuter, Torsten

Club: USV Erfurt

Number: 230

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:46

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 126 (of 477)

Rank in course/Men: 105 (of 315)

Best time in course: 12:17

Rank in category: 20(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	9:14	4:36	16	2:27	100	3:14	2.00	9:14	4:36	57		86	3:14
Leichtathletikhalle	2.00	9:32	4:46	21	2:27	114	3:18	4.00	18:46	4:41	20	4:54	105	6:29