



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Günther, Oliver

Club: Kassel

Number: 317

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 21:25

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 232 (of 477)

Rank in course/Men: 183 (of 315)

Best time in course: 12:17

Rank in category: 16(of 28)

Best time in the category: 12:20

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	10:18	5:09	14	4:12	147	4:18	2.00	10:18	5:09	17		130	4:18
Leichtathletikhalle	2.00	11:07	5:33	23	4:53	233	4:53	4.00	21:25	5:21	16	9:05	183	9:08