



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nitsche, Martin

Club: Hardisleben

Number: 318

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M60 (60-69 Jahre)

Total time: 20:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 190 (of 477)

Rank in course/Men: 154 (of 315)

Best time in course: 12:17

Rank in category: 4(of 11)

Best time in the category: 16:51

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	10:27	5:13	5	1:56	156	4:27	2.00	10:27	5:13	4	1:23	131	4:27
Leichtathletikh	2.00	10:12	5:05	3	1:52	158	3:58	4.00	20:39	5:09	4	3:48	154	8:22