



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rudolph, Maik

Club: LSG Schmückeläufer

Number: 543

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:10

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 223 (of 477)

Rank in course/Men: 176 (of 315)

Best time in course: 12:17

Rank in category: 24(of 54)

Best time in the category: 12:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:40	5:49	33	5:40	237	5:40	2.00	11:40	5:49	24		139	5:40
Leichtathletikhah	2.00	9:30	4:45	14	3:13	110	3:16	4.00	21:10	5:17	24	8:53	176	8:53