



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wache, Holger

Club: SSV Erfurt 02

Number: 262

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 191 (of 477)

Rank in course/Men: 154 (of 315)

Best time in course: 12:17

Rank in category: 26(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	9:51	4:55	21	3:04	131	3:51	2.00	9:51	4:55	40			78	3:51
Leichtathletikhall	2.00	10:48	5:24	41	3:43	209	4:34	4.00	20:39	5:09	26	6:47		154	8:22