



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Windisch, Michael

Club: PSV Meiningen

Number: 223

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:56

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 268 (of 477)

Rank in course/Men: 209 (of 315)

Best time in course: 12:17

Rank in category: 30(of 54)

Best time in the category: 12:17

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	11:23	5:41	28	5:23	223	5:23	2.00	11:23	5:41	47		142	5:23
Leichtathletikhah	2.00	10:33	5:16	28	4:16	187	4:19	4.00	21:56	5:29	30	9:39	209	9:39