



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Adamus, Daniel

Club: MTV 1860 Erfurt e.V.

Number: 33

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:01

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 329 (of 477)

Rank in course/Men: 242 (of 315)

Best time in course: 12:17

Rank in category: 37(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	12:17	6:08	44	6:17	269	6:17	2.00	12:17	6:08	48		147	6:17
Leichtathletikhäl	2.00	10:44	5:21	33	4:27	203	4:30	4.00	23:01	5:45	37	10:44	242	10:44