



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Adamus, Dieter

Club: Rudolstadt

Number: 35

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M60 (60-69 Jahre)

Total time: 23:02

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 331 (of 477)

Rank in course/Men: 244 (of 315)

Best time in course: 12:17

Rank in category: 8(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	12:17	6:08	10	3:46	269	6:17	2.00	12:17	6:08	5	3:13	147	6:17
Leichtathletikhah	2.00	10:45	5:22	7	2:25	204	4:31	4.00	23:02	5:45	8	6:11	244	10:45