



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schäller, Sebastian

Club: Erfurter LAC

Number: 167

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Männer (20-29 Jahre)

Total time: 12:20

Speed: 19.46 km/h

Running performance: 3:05 min/km

Rank in course/Total: 2 (of 477)

Rank in course/Men: 2 (of 315)

Best time in course: 12:17

Rank in category: 1 (of 28)

Best time in the category: 12:20

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 | 6:06 | 3:02 | 1 | - | 2 | 0:06 | 2.00 | 6:06 | 3:02 | 15 | | 2 | 0:06 |
| Leichtathletikhalle | 2.00 | 6:14 | 3:07 | 1 | - | 1 | - | 4.00 | 12:20 | 3:05 | 1 | - | 2 | 0:03 |