



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 116

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:57

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 271 (of 477)

Rank in course/Men: 211 (of 315)

Best time in course: 12:17

Rank in category: 24(of 35)

Best time in the category: 15:11

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	10:52	5:26	21	4:35	185	4:52	2.00	10:52	5:26	35	0:09	153	4:52
Leichtathletikhah	2.00	11:05	5:32	25	3:23	230	4:51	4.00	21:57	5:29	24	6:46	211	9:40