



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Frießleben, Robert

Club: Dresden

Number: 500

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:17

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course/Total: 289 (of 477)

Rank in course/Men: 223 (of 315)

Best time in course: 12:17

Rank in category: 32 (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	11:24	5:42	29	5:24	224	5:24	2.00	11:24	5:42	52		155	5:24
Leichtathletikhäl	2.00	10:53	5:26	37	4:36	215	4:39	4.00	22:17	5:34	32	10:00	223	10:00