



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rossow, Mario

Club: TSSC Erfurt

Number: 356

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:04

Speed: 9.97 km/h

Running performance: 6:01 min/km

Rank in course/Total: 384 (of 477)

Rank in course/Men: 274 (of 315)

Best time in course: 12:17

Rank in category: 59(of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	12:05	6:02	57	5:18	256	6:05	2.00	12:05	6:02	64	0:46	160	6:05
Leichtathletikhalle	2.00	11:59	5:59	59	4:54	274	5:45	4.00	24:04	6:00	59	10:12	274	11:47