



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rebenschütz, Kay

Club: Erfurt

Number: 48

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:02

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 168 (of 477)

Rank in course/Men: 136 (of 315)

Best time in course: 12:17

Rank in category: 23(of 67)

Best time in the category: 13:52

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	10:06	5:02	25	3:19	137	4:06	2.00	10:06	5:02	16		122	4:06
Leichtathletikhäl	2.00	9:56	4:58	25	2:51	141	3:42	4.00	20:02	5:00	23	6:10	136	7:45