



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hufnagel, Stephan

Club: Heldrungen

Number: 82

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 25:56

Speed: 9.25 km/h

Running performance: 6:29 min/km

Rank in course/Total: 435 (of 477)

Rank in course/Men: 302 (of 315)

Best time in course: 12:17

Rank in category: 50(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	13:08	6:33	50	7:08	302	7:08	2.00	13:08	6:33	3		178	7:08
Leichtathletikhäl	2.00	12:48	6:24	49	6:31	294	6:34	4.00	25:56	6:29	50	13:39	302	13:39