



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eichhorn, Marco

Club: SV Olympia Neustadt

Number: 289

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 26:07

Speed: 9.19 km/h

Running performance: 6:32 min/km

Rank in course/Total: 438 (of 477)

Rank in course/Men: 304 (of 315)

Best time in course: 12:17

Rank in category: 51(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	12:30	6:15	46	6:30	283	6:30	2.00	12:30	6:15	4		183	6:30
Leichtathletikhalle	2.00	13:37	6:48	51	7:20	307	7:23	4.00	26:07	6:31	51	13:50	304	13:50