



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stauss, Andreas

Club: SV Martinus Erfurt

Number: 221

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 26:15

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 442 (of 477)

Rank in course/Men: 305 (of 315)

Best time in course: 12:17

Rank in category: 65(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	13:09	6:34	63	6:22	303	7:09	2.00	13:09	6:34	13	1:50	185	7:09
Leichtathletikhalle	2.00	13:06	6:32	65	6:01	301	6:52	4.00	26:15	6:33	65	12:23	305	13:58