



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Paasch, Felix

Club: Erfurt
Number: 348

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Männer (20-29 Jahre)

Total time: 22:31

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 302 (of 477)

Rank in course/Men: 229 (of 315)

Best time in course: 12:17

Rank in category: 23(of 28)

Best time in the category: 12:20

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	12:29	6:14	26	6:23	282	6:29	2.00	12:29	6:14	12	1:37	197	6:29
Leichtathletikhalle	2.00	10:02	5:00	15	3:48	145	3:48	4.00	22:31	5:37	23	10:11	229	10:14