



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Linow, Thomas

Club: Erfurt
Number: 506

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 27:36

Speed: 8.70 km/h

Running performance: 6:54 min/km

Rank in course/Total: 453 (of 477)

Rank in course/Men: 310 (of 315)

Best time in course: 12:17

Rank in category: 67(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	13:19	6:39	66	6:32	308	7:19	2.00	13:19	6:39	5	2:00	212	7:19
Leichtathletikhall	2.00	14:17	7:08	67	7:12	311	8:03	4.00	27:36	6:54	67	13:44	310	15:19