



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Apel, Ewald

Club: SSC 02 Erfurt

Number: 331

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:51

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 265 (of 477)

Rank in course/Men: 206 (of 315)

Best time in course: 12:17

Rank in category: 43(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	10:58	5:29	41	4:11	203	4:58	2.00	10:58	5:29	4		213	4:58
Leichtathletikhalle	2.00	10:53	5:26	44	3:48	215	4:39	4.00	21:51	5:27	43	7:59	206	9:34