



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Grau, Benjamin

Club: Neudietendorf

Number: 321

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 22:03

Speed: 10.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 275 (of 477)

Rank in course/Men: 216 (of 315)

Best time in course: 12:17

Rank in category: 19(of 28)

Best time in the category: 12:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:53	5:56	24	5:47	247	5:53	2.00	11:53	5:56	11	1:01	201	5:53
Leichtathletikhalle	2.00	10:10	5:04	17	3:56	154	3:56	4.00	22:03	5:30	19	9:43	216	9:46