



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hiese, Bernd

Club: Salza-Läufer

Number: 15

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 24:41

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 403 (of 477)

Rank in course/Men: 287 (of 315)

Best time in course: 12:17

Rank in category: 34(of 35)

Best time in the category: 15:11

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	13:13	6:36	35	6:56	305	7:13	2.00	13:13	6:36	4	2:30	218	7:13
Leichtathletikh	2.00	11:28	5:44	29	3:46	250	5:14	4.00	24:41	6:10	34	9:30	287	12:24