



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rempt, Thomas

Club: Erfurt
Number: 335

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:15

Speed: 11.29 km/h
Running performance: 5:19 min/km

Rank in course/Total: 228 (of 477)

Rank in course/Men: 181 (of 315)

Best time in course: 12:17

Rank in category: 21(of 35)

Best time in the category: 15:11

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	10:40	5:19	17	4:23	164	4:40	2.00	10:40	5:19	5		223	4:40
Leichtathletikh	2.00	10:35	5:17	21	2:53	190	4:21	4.00	21:15	5:18	21	6:04	181	8:58