



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heimrich, Rüdiger

Club: WSSV Wilhelmshaven

Number: 605

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 27:22

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 452 (of 477)

Rank in course/Men: 309 (of 315)

Best time in course: 12:17

Rank in category: 66(of 67)

Best time in the category: 13:52

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 | 14:08 | 7:03 | 67 | 7:21 | 312 | 8:08 | 2.00 | 14:08 | 7:03 | 2 | 2:49 | 228 | 8:08 |
| Leichtathletikhalle | 2.00 | 13:14 | 6:36 | 66 | 6:09 | 304 | 7:00 | 4.00 | 27:22 | 6:50 | 66 | 13:30 | 309 | 15:05 |