



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 Mittelhungen

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
Leichtathletikhah	2.00	13:14	6:36	66	6:09	304	7:00	4.00	27:22	6:50	66	13:30	309	15:05