



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schönfeld, David

Club: Erfurt

Number: 6

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:55

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 372 (of 477)

Rank in course/Men: 268 (of 315)

Best time in course: 12:17

Rank in category: 45 (of 54)

Best time in the category: 12:17

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	13:02	6:30	49	7:02	300	7:02	2.00	13:02	6:30	10		229	7:02
Leichtathletikhäl	2.00	10:53	5:26	37	4:36	215	4:39	4.00	23:55	5:58	45	11:38	268	11:38