



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weinert, Michael

Club: Erfurt
Number: 609

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:
Männer (20-29 Jahre)

Total time: 21:03

Speed: 11.40 km/h
Running performance: 5:16 min/km

Rank in course/Total: 216 (of 477)

Rank in course/Men: 169 (of 315)

Best time in course: 12:17

Rank in category: 15(of 28)

Best time in the category: 12:20

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 | 10:27 | 5:13 | 15 | 4:21 | 156 | 4:27 | 2.00 | 10:27 | 5:13 | 9 | | 131 | 4:27 |
| Leichtathletikhalle | 2.00 | 10:36 | 5:17 | 20 | 4:22 | 191 | 4:22 | 4.00 | 21:03 | 5:15 | 15 | 8:43 | 169 | 8:46 |