



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schuch, Joachim

Club: Team 1434

Number: 1416

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M50 (50-59 Jahre)

Total time: 19:49

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 162 (of 477)

Rank in course/Men: 131 (of 315)

Best time in course: 12:17

Rank in category: 13(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	10:44	5:21	20	4:27	169	4:44	2.00	10:44	5:21	8	0:01	118	4:44
Leichtathletikhah	2.00	9:05	4:32	9	1:23	94	2:51	4.00	19:49	4:57	13	4:38	131	7:32