



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schulz, Michael

Club: ANNA KRAM e.V.

Number: 347

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:04

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 335 (of 477)

Rank in course/Men: 246 (of 315)

Best time in course: 12:17

Rank in category: 39(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	12:32	6:15	47	6:32	285	6:32	2.00	12:32	6:15	13		244	6:32
Leichtathletikhall	2.00	10:32	5:15	27	4:15	186	4:18	4.00	23:04	5:46	39	10:47	246	10:47