



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hillebrand, Josef

Club: TUS 13 Hembsen

Number: 336

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 24:25

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 393 (of 477)

Rank in course/Men: 281 (of 315)

Best time in course: 12:17

Rank in category: 33(of 35)

Best time in the category: 15:11

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 | 12:31 | 6:15 | 33 | 6:14 | 284 | 6:31 | 2.00 | 12:31 | 6:15 | 9 | 1:48 | 247 | 6:31 |
| Leichtathletikhalle | 2.00 | 11:54 | 5:57 | 32 | 4:12 | 273 | 5:40 | 4.00 | 24:25 | 6:06 | 33 | 9:14 | 281 | 12:08 |