



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mayer, Holger

Club: Erfurt

Number: 72

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:46

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 260 (of 477)

Rank in course/Men: 202 (of 315)

Best time in course: 12:17

Rank in category: 40(of 67)

Best time in the category: 13:52

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	10:57	5:28	40	4:10	200	4:57	2.00	10:57	5:28	31		171	4:57
Leichtathletikhah	2.00	10:49	5:24	42	3:44	211	4:35	4.00	21:46	5:26	40	7:54	202	9:29