



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dorow, Marcel

Club: Kranichfeld

Number: 304

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:28

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 358 (of 477)

Rank in course/Men: 258 (of 315)

Best time in course: 12:17

Rank in category: 43(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	12:16	6:08	43	6:16	268	6:16	2.00	12:16	6:08	17		261	6:16
Leichtathletikhalle	2.00	11:12	5:35	42	4:55	237	4:58	4.00	23:28	5:51	43	11:11	258	11:11