



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Münch, Andreas

Club: TSV Berlstedt

Number: 531

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M50 (50-59 Jahre)

Total time: 16:23

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 48 (of 477)

Rank in course/Men: 43 (of 315)

Best time in course: 12:17

Rank in category: 2 (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	8:00	4:00	3	1:43	40	2:00	2.00	8:00	4:00	20		36	2:00
Leichtathletikhalle	2.00	8:23	4:11	5	0:41	53	2:09	4.00	16:23	4:05	2	1:12	43	4:06