



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Voß, Bernd

Club: Sparkasse Mittelthüringen

Number: 160

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 20:35

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 186 (of 477)

Rank in course/Men: 152 (of 315)

Best time in course: 12:17

Rank in category: 17(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	10:26	5:13	15	4:09	154	4:26	2.00	10:26	5:13	12		263	4:26
Leichtathletikhäl	2.00	10:09	5:04	17	2:27	152	3:55	4.00	20:35	5:08	17	5:24	152	8:18