



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Minzenmay, Eberhard

Club: sc impuls erfurt

Number: 200

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 23:35

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 364 (of 477)

Rank in course/Men: 263 (of 315)

Best time in course: 12:17

Rank in category: 6(of 9)

Best time in the category: 18:49

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	11:50	5:55	5	2:38	246	5:50	2.00	11:50	5:55	7		268	5:50
Leichtathletikh	2.00	11:45	5:52	6	2:08	265	5:31	4.00	23:35	5:53	6	4:46	263	11:18