



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Liebold, Silvio

Club: SV Sömmerda

Number: 41

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:42

Speed: 14.37 km/h

Running performance: 4:11 min/km

Rank in course/Total: 67 (of 477)

Rank in course/Men: 59 (of 315)

Best time in course: 12:17

Rank in category: 10(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	8:14	4:06	8	1:27	56	2:14	2.00	8:14	4:06	47		37	2:14
Leichtathletikhäl	2.00	8:28	4:14	11	1:23	62	2:14	4.00	16:42	4:10	10	2:50	59	4:25