



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Anders, Peter

Club: Erfurt
Number: 332

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:09

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 222 (of 477)

Rank in course/Men: 172 (of 315)

Best time in course: 12:17

Rank in category: 19(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	10:39	5:19	16	4:22	163	4:39	2.00	10:39	5:19	13		272	4:39
Leichtathletikhäl	2.00	10:30	5:15	20	2:48	185	4:16	4.00	21:09	5:17	19	5:58	172	8:52