



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Guderian, Iven

Club: Berlin
Number: 547

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:14

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 389 (of 477)

Rank in course/Men: 277 (of 315)

Best time in course: 12:17

Rank in category: 47(of 54)

Best time in the category: 12:17

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	12:14	6:06	41	6:14	266	6:14	2.00	12:14	6:06	9		219	6:14
Leichtathletikhah	2.00	12:00	6:00	47	5:43	275	5:46	4.00	24:14	6:03	47	11:57	277	11:57