



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Vedder, Stephan

Club: Orlishausen

Number: 135

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhuldingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:11

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 346 (of 477)

Rank in course/Men: 253 (of 315)

Best time in course: 12:17

Rank in category: 41(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	12:11	6:05	40	6:11	262	6:11	2.00	12:11	6:05	19		211	6:11
Leichtathletikhalle	2.00	11:00	5:30	40	4:43	223	4:46	4.00	23:11	5:47	41	10:54	253	10:54