



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Raabe, stefan

Club: Erfurt
Number: 349

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:40

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 250 (of 477)

Rank in course/Men: 196 (of 315)

Best time in course: 12:17

Rank in category: 29(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	10:50	5:25	24	4:50	178	4:50	2.00	10:50	5:25	21		134	4:50
Leichtathletikhall	2.00	10:50	5:25	36	4:33	213	4:36	4.00	21:40	5:25	29	9:23	196	9:23