



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Brosin, Andreas

Club: Erfurt

Number: 91

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:49

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 263 (of 477)

Rank in course/Men: 204 (of 315)

Best time in course: 12:17

Rank in category: 42(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	10:54	5:27	37	4:07	189	4:54	2.00	10:54	5:27	18		120	4:54
Leichtathletikhall	2.00	10:55	5:27	45	3:50	218	4:41	4.00	21:49	5:27	42	7:57	204	9:32