



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weiss, Benjamin

Club: HSC Erfurt

Number: 329

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 22:41

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 308 (of 477)

Rank in course/Men: 232 (of 315)

Best time in course: 12:17

Rank in category: 24(of 28)

Best time in the category: 12:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	12:17	6:08	25	6:11	269	6:17	2.00	12:17	6:08	3	1:25	147	6:17
Leichtathletikhalle	2.00	10:24	5:12	18	4:10	175	4:10	4.00	22:41	5:40	24	10:21	232	10:24