



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gerhardt, Mirko

Club: Stotternheim

Number: 602

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:55

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 266 (of 477)

Rank in course/Men: 207 (of 315)

Best time in course: 12:17

Rank in category: 44(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	11:28	5:44	49	4:41	227	5:28	2.00	11:28	5:44	25	0:09	265	5:28
Leichtathletikhalle	2.00	10:27	5:13	36	3:22	182	4:13	4.00	21:55	5:28	44	8:03	207	9:38