



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heinricht, Mario

Club: Kirchverein Wüllersleben

Number: 66

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:06

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 218 (of 477)

Rank in course/Men: 171 (of 315)

Best time in course: 12:17

Rank in category: 29(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	10:53	5:26	35	4:06	187	4:53	2.00	10:53	5:26	8		208	4:53
Leichtathletikhäl	2.00	10:13	5:06	28	3:08	160	3:59	4.00	21:06	5:16	29	7:14	171	8:49