



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reuter, Marc

Club: Erfurt
Number: 334

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:57

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 208 (of 477)

Rank in course/Men: 164 (of 315)

Best time in course: 12:17

Rank in category: 28(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	10:40	5:19	29	3:53	164	4:40	2.00	10:40	5:19	20		223	4:40
Leichtathletikhah	2.00	10:17	5:08	30	3:12	165	4:03	4.00	20:57	5:14	28	7:05	164	8:40