



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hartmann, Nico

Club: Team Erdinger Alkoholfrei
Number: 616

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Männer (20-29 Jahre)

Total time: 16:40

Speed: 14.40 km/h

Running performance: 4:10 min/km

Rank in course/Total: 63 (of 477)

Rank in course/Men: 56 (of 315)

Best time in course: 12:17

Rank in category: 9(of 28)

Best time in the category: 12:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	8:04	4:01	9	1:58	42	2:04	2.00	8:04	4:01	24		41	2:04
Leichtathletikhalle	2.00	8:36	4:17	10	2:22	69	2:22	4.00	16:40	4:10	9	4:20	56	4:23