



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rommeiß, Andre

Total time: 20:17

Number: 115

Speed: 11.83 km/h

Running performance: 5:04 min/km

Course: 4.00 km

Rank in course/Total: 176 (of 477)

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Rank in course/Men: 144 (of 315)

Best time in course: 12:17

Category:

Rank in category: 19(of 54)

Senioren M30 (30-39 Jahre)

Best time in the category: 12:17

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	10:41	5:20	22	4:41	166	4:41	2.00	10:41	5:20	27		314	4:41
Leichtathletikhah	2.00	9:36	4:47	18	3:19	118	3:22	4.00	20:17	5:04	19	8:00	144	8:00