



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hebestreit, Tim

Club: NSV Nordhausen

Number: 535

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 18:18

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 113 (of 477)

Rank in course/Men: 97 (of 315)

Best time in course: 12:17

Rank in category: 12(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:35	4:17	10	2:29	74	2:35	2.00	8:35	4:17	22		49	2:35
Leichtathletikhalle	2.00	9:43	4:51	12	3:29	129	3:29	4.00	18:18	4:34	12	5:58	97	6:01