



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Anders, Torsten

Club: BSG Commerzbank Erfurt

Number: 591

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:31

Speed: 13.70 km/h

Running performance: 4:23 min/km

Rank in course/Total: 89 (of 477)

Rank in course/Men: 77 (of 315)

Best time in course: 12:17

Rank in category: 13 (of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	8:45	4:22	14	1:58	81	2:45	2.00	8:45	4:22	45		54	2:45
Leichtathletikhalle	2.00	8:46	4:23	14	1:41	81	2:32	4.00	17:31	4:22	13	3:39	77	5:14