



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Petzold, Stefan

Club: Erfurt
Number: 218

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 16:46

Speed: 14.31 km/h

Running performance: 4:11 min/km

Rank in course/Total: 70 (of 477)

Rank in course/Men: 61 (of 315)

Best time in course: 12:17

Rank in category: 7(of 54)

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	9:12	4:35	12	3:12	96	3:12	2.00	9:12	4:35	36		59	3:12
Leichtathletikh	2.00	7:34	3:46	4	1:17	22	1:20	4.00	16:46	4:11	7	4:29	61	4:29