



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reinhard, Daniel

Club: Eschenbach

Number: 87

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 17:36

Speed: 13.64 km/h

Running performance: 4:24 min/km

Rank in course/Total: 92 (of 477)

Rank in course/Men: 81 (of 315)

Best time in course: 12:17

Rank in category: 10(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	8:58	4:29	9	2:58	89	2:58	2.00	8:58	4:29	37		63	2:58
Leichtathletikh	2.00	8:38	4:18	9	2:21	70	2:24	4.00	17:36	4:24	10	5:19	81	5:19