



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Engelhardt, Siegmar

Club: SV Grün Weiß Schönstedt

Number: 189

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M60 (60-69 Jahre)

Total time: 16:51

Speed: 14.24 km/h

Running performance: 4:13 min/km

Rank in course/Total: 72 (of 477)

Rank in course/Men: 63 (of 315)

Best time in course: 12:17

Rank in category: 1(of 11)

Best time in the category: 16:51

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	8:31	4:15	1	-	71	2:31	2.00	8:31	4:15	2	-	64	2:31
Leichtathletikhalle	2.00	8:20	4:10	1	-	50	2:06	4.00	16:51	4:12	1	-	63	4:34