



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Carl, Rene

Club: Erfurt

Number: 32

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 17:39

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 94 (of 477)

Rank in course/Men: 82 (of 315)

Best time in course: 12:17

Rank in category: 11(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
Leichtathletikhah	2.00	8:41	4:20	11	2:24	74	2:27	4.00	17:39	4:24	11	5:22	82	5:22