



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Trautmann, Knut

Club: VfL Hüpstedt

Number: 629

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 17:16

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 82 (of 477)

Rank in course/Men: 72 (of 315)

Best time in course: 12:17

Rank in category: 7 (of 35)

Best time in the category: 15:11

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	8:30	4:15	7	2:13	69	2:30	2.00	8:30	4:15	23		56	2:30
Leichtathletikhalle	2.00	8:46	4:23	8	1:04	81	2:32	4.00	17:16	4:18	7	2:05	72	4:59