



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Aßmus, Enrico**

Club: Erfurter LAC

Number: 169

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 13:43

Speed: 17.50 km/h

Running performance: 3:26 min/km

Rank in course/Total: 8 (of 477)

Rank in course/Men: 8 (of 315)

Best time in course: 12:17

Rank in category: 2 (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	6:47	3:23	2	0:47	9	0:47	2.00	6:47	3:23	29		9	0:47
Leichtathletikhäl	2.00	6:56	3:28	2	0:39	8	0:42	4.00	13:43	3:25	2	1:26	8	1:26