



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schale, Marcus

Club: Schloßvippach

Number: 530

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:11

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 138 (of 477)

Rank in course/Men: 111 (of 315)

Best time in course: 12:17

Rank in category: 13(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	9:41	4:50	17	3:41	124	3:41	2.00	9:41	4:50	40			81	3:41
Leichtathletikhah	2.00	9:30	4:45	14	3:13	110	3:16	4.00	19:11	4:47	13	6:54		111	6:54