



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 583

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 14:09

Speed: 16.96 km/h

Running performance: 3:32 min/km

Rank in course/Total: 15 (of 477)

Rank in course/Men: 15 (of 315)

Best time in course: 12:17

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	6:52	3:25	3	0:52	15	0:52	2.00	6:52	3:25	30		10	0:52
Leichtathletikh	2.00	7:17	3:38	3	1:00	15	1:03	4.00	14:09	3:32	3	1:52	15	1:52