



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirmse, Stefan

Club: Nasty Stylistix Erfurt

Number: 584

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:39

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 158 (of 477)

Rank in course/Men: 128 (of 315)

Best time in course: 12:17

Rank in category: 16(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 | 9:28 | 4:44 | 14 | 3:28 | 110 | 3:28 | 2.00 | 9:28 | 4:44 | 28 | | 88 | 3:28 |
| Leichtathletikhah | 2.00 | 10:11 | 5:05 | 22 | 3:54 | 157 | 3:57 | 4.00 | 19:39 | 4:54 | 16 | 7:22 | 128 | 7:22 |